

goodfood

Middle East

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VOUCHERS AND
GOURMET
HOTEL STAYS

Frozen raspberry
honeycomb pie

**Zero waste
weekend**

*All the taste but none
of the waste with our
use-it-all meal plan*

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Khyber

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Welcome to August!

As we settle into summer and dream of cooler days, it's safe to say that we won't be firing up the BBQ at a garden party anytime soon – let's face it, who wants to stand over the grill in 45°C weather paired with unbelievably high humidity? Summer in the Middle East is the season for entertaining indoors and whether you're looking to host a dinner party with friends or a fun picnic for the children (in the living room), this issue has you covered.

Cool down with frozen treats during your next movie marathon with scrumptious dessert recipes from page 67 onwards – including the frozen raspberry honeycomb pie on our cover.

Go low-cost and cut back on food waste with our use-it-all meal plan (*Zero waste weekend*, p49), that details a Friday morning shopping list that'll see you and your family enjoy Friday brunch, teatime sweets, dinner for four and a relaxed Saturday lunch, plus more – all without stepping out of the house or leaving any ingredient unused.

While the little ones are out of school for summer, spend an afternoon of fun creating gourmet sandwiches, cute cupcakes and granola pots, then lay out a blanket in the living room to enjoy a family picnic – these recipes are great for when they have friends over too.

In approach to Eid al-Adha, this issue also features the annual 'Staycation Special', which is a round-up of some of our favourite resorts located around the UAE, perfect for visiting for a long weekend of relaxation and fantastic culinary experiences.

Whether you're cooling off indoors or escaping to cooler climates, make the most of delicious summer ingredients this month.

Enjoy cooking,



Sophie
Editor

WHAT WE'RE LOVING!



"This cod with cucumber, avocado and mango salsa salad is delicious to enjoy during summer," says sales executive, Liz.



Sales director, Michael says: "For dessert, don't miss these espresso mud cakes with chocolate syrup and ice cream – they're delicious!"



"This dish of balsamic beef with beetroot and rocket is light yet hearty and filling", Froilan.



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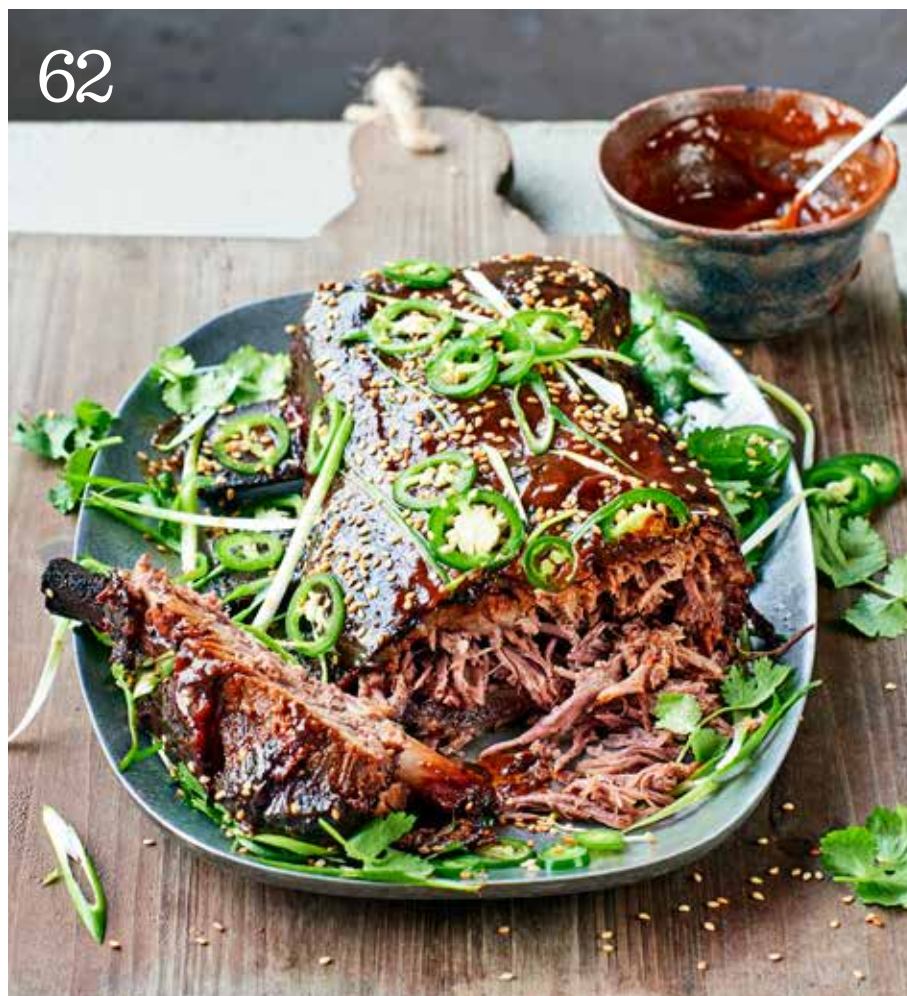
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WIN!

Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

🚫 Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

A Contains alcohol.

gf YOUR SAY

We love hearing from you!

STAR LETTER



I just wanted to say thank you for bringing out this magazine monthly. I have been collecting the magazines religiously each month for the past few years in order to create a scrapbook of my own with the recipes you have provided. My other half and I who are big foodies but not great cooks, began cooking the recipes suggested by your magazine and it turned out to be the career changing epiphany my other half needed in his life. He enjoyed being in the kitchen cooking your recipes with me so much that he put himself through a culinary course and has since graduated from culinary school as a hot kitchen chef and will next be going on to do the professional pastry course. We love your magazine – thank you again!

Sameera Oisin



On behalf of my children, I had to write in to praise BBC Good Food ME for the 'Tweenage Fiesta' recipe feature in the July issue – my kids absolutely LOVED it. It was my son's birthday last week and it brought so much happiness and excitement to our home preparing the live ice cream

sundae bar and help-yourself fajitas station. I've never seen my kids so excited about getting in the kitchen to help prepare. Thank you! Please keep the child-inspired recipes coming during the school holidays.

Brenda Lacastro



Last month's 'trending inside the kitchen' piece that highlighted money-saving gadgets for inside the kitchen inspired me to invest in a coffee machine and a slow-cooker – both of which I can't stop using. Thank you for helping me to save money long-term, and also

inspiring me to cook with a slow-cooker. I've never received so many compliments from my family (and little do they know; the meals have never been easier to make!). This leads me to ask for some great slow-cooker recipes, please!

Wanda Rice

WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola**, the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: **www.tavolashop.com**



TALK TO US!

Email us on **feedback@bbcgoodfoodme.com** with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



PRIME RIB SUNDAYS

Enjoy a 20 oz Prime Rib served with baked potato, horseradish cream and jus, paired with a bottle of selected red or white grapes.

Every Sunday, from 6pm until midnight

AED 695 for 2 people

EARLY BIRD OFFER

Experience the Chef's selection of the signature dishes from a crafted three course menu, while admiring the breathtaking views of Dubai.

Daily from 6pm until 7pm

AED 200 per person

NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.



THE PINK BRIGADE

All for a great cause, The Pink Brigade is back for another year and promises to be even bigger and better than the last. Based on the foundation and importance of early detection of Breast Cancer, the charity raises its funds through the sale of personalised chef jackets and pink aprons. Founded in 2014, The Pink Brigade has raised nearly Dhs200,000 to date. New for 2017 is a pink headscarf to add to the successful kitchen range.

The movement aims to raise awareness while uniting chefs across the globe. All proceeds are donated to The Pink Caravan, a pan Emirate Breast Cancer Awareness initiative that fights to improve the lives of those affected by cancer. How can you help? Spread the word to the culinary world and let's get as many chef jackets, aprons and headscarves sold.

Founded in 2014, the charity was formed by chef Robbie Stokes who sadly lost his wife to Breast Cancer, one month before her 40th birthday. Since then, he vowed to raise awareness of early detection of the disease with the formation of The Pink Brigade.

Please visit nourish.ae/the-pink-brigade/.

HOT HACK

Foods high in fibre, protein or sugar, produce more body heat, says Good Food's nutritionist Kerry Torrens. Avoid overheating with citrus marinades, which help to break down meat protein.



THE BEST BITES

BARILLA GOES GLUTEN-FREE



Popular pasta brand, Barilla, has launched a new gluten-free pasta range in the UAE. The certified gluten-free pasta products are made with a blend of corn and rice produced in a dedicated gluten-free facility in Italy. "The UAE is seeing a changing demand in consumers' choice of food, particularly a high interest in gluten-free products. Restaurants, as well as retail companies, are growing their product lines that fit the

consumers' dietary requirements," said Loay Elkhoully, managing director, Barilla – MEA. "As such, we felt it was important to introduce a gluten-free pasta line for our customers, ensuring that it delivers quality, taste, and texture pasta lovers expect from Barilla". So, there you have it – gluten-free products should now be easier to find in the UAE. Barilla is stocked at all major supermarkets across the region.

INTRODUCING:

The Food Analysts



There's a new app in the UAE that claims to be the 'world's first human-powered calorie counter'. The Food Analysts is a new UAE-service that operates through WhatsApp to track your diet. Users simply send a WhatsApp photograph of their meal plus a short description and within moments receive a full nutritional

macro report from a trained nutritional professional. The Food Analysts use the world's largest verified nutrition database (Nutritionix), to help identify every possible food or meal, covering a range of nutritional values. This offers a more accurate service than rivals who merely use customer-generated nutritional data. The service is available from \$6.99 a month, with customers receiving a report after every meal and a daily summary. See thefoodanalysts.com.

Top product picks



Kitchenaid Artisan Series 4.8 L Tilt-Head Stand Mixer – from juicing to kneading and whipping, this mixer does it all and is available in eight different colours. Priced at Dhs2,999 from Dari Home in Mercato Mall.

TWG Tea Iced Teabag Collection – cool down with TWG Tea's new range of refreshing iced tea blends. Available in all TWG Tea Boutiques in Dubai and Abu Dhabi, the TWG Tea Iced Teabag Collection is priced at Dhs138.



Buttons Silicone Icing Moulds – make your cakes look professional by using these easy-to-use moulds. Simply dust the mould with icing sugar and roll out or press the icing in, then carefully peel back the mould for perfect shapes.

Suitable for icing or chocolate work. Priced at Dhs70 from Lakeland stores.

HEARTBURN HELP

Nutritional therapist Kerry Torrens explains how to beat uncomfortable heartburn and acid reflux, which in many cases can be eased by avoiding certain foods.



My client, in his late 40s, found that eating out often left him feeling uncomfortable, with a burning sensation in his chest and throat. He told me that he tended to grab toast for breakfast, ate lunch on the hoof and finished the day with a late-evening meal. He had recently put on a few kilos and was trying to reduce the fattier foods that he suspected were the cause of his problem.

To the client, I explained that he needed to determine which foods brought on his heartburn. Common triggers include spicy foods, coffee, alcohol, chocolate, peppermint, fizzy soft drinks and acidic foods like tomatoes. Red meat, full-fat dairy and fried foods can also be culprits, as they slow down the digestive process.

As well as cutting back on problem foods, I advised him to:

- Take time to enjoy food, and eat in a relaxed manner.
- Have smaller, more frequent meals and snacks.
- Avoid bending or lying down after eating, and time the evening meal at least 2-3 hours before going to bed.
- Stay away from red and processed meats, keep alcohol and caffeine to a minimum, opt for lean poultry and fish and choose dishes that are steamed, grilled or poached.

The result? By concentrating on how, as well as what, he ate, my client was able to manage his symptoms within weeks. However, any slip in his focus did mean a return of the problem, so it was important to stay on track.

If you are suffering with heartburn or acid reflux and symptoms are persistent, make sure you visit your GP to ensure it isn't a sign of other health issues.

Stay cool at The Beach

Beat the summer heat whilst spending time on the beach at the La Playa Pop Up by 'The Heart of Europe' group located on The Beach JBR. Inside La Playa – an air-conditioned tent serving shisha and dishing up food from the CLAW BBQ menu all through the season – enjoy views of the sea whilst staying cool. Bites on the menu from Souk Al Bahar based CLAW BBQ, are items like Buffalo hot wings, baja fish tacos, Texas beef brisket, classic Caesar salad, monster shakes, frozen coffees and more.



FREE FROM TREATS



Love sweet treats but hate the high levels of sugar they tend to come with? The Snack Society is on hand to help, with goods that are homemade and free from gluten, dairy, soy, refined sugar, additives and preservatives, which are all available to order online in Dubai, Sharjah and soon in Abu Dhabi. The Snack Society was born, when founder Kamilla Omarzay, faced many health and digestion problems. After consulting several doctors, Kamilla decided to ditch the pills and take the 'you are what you eat' approach and after going gluten, refined sugar, and dairy free her problems vanished. With a new menu each month, The Snack Society offers treats such as Snickers Bites made with peanuts, dates, coconut cream, vanilla powder, coconut oil, peanut butter, cacao powder and honey, or Chocolate Caramel Fondant made with almond flour, buckwheat flour, cacao powder, almond butter, almond milk and honey. Vegan options are available to order. See thesnacksociety.com.

CREAM *of* EUROPE

“KNOW NO BOUNDARIES,
ONLY USE REAL DAIRY CREAM”

Ludovic Audaux

Chef Pâtissier

Le Royal Meridien & Grosvenor House Dubai



Vacherin

Top pastry chefs all agree on one thing, they only use real dairy cream. It has unique whipping and holding qualities needed to create perfect pastries, as well as that unmistakable, natural creamy taste.

So choose only the finest real dairy cream and achieve excellence in pastry.



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SUMMER FRUITS NOW AVAILABLE AT RIPE



Tucked discreetly in the suburbs of Al Manara, the Ripe Organic Farm Shop has welcomed a new range of summer fruits to its offering this month. New fruity options include peaches, apricots, nectarines, cherries and plums. Other than the new in-season fruit selection, the shop stocks items like whole organic chickens, seasonal vegetables and pantry necessities from peanut butter to pastas, oils and tea. If you can't make it to the store, Ripe offers delivery seven days a week, including next day delivery of over 800 products. Call 04-3790441 or e-mail orders@ripeme.com.

Five natural ways to improve complexion

Beauty expert, Liz Earle is known worldwide for her wealth of knowledge on all things health and beauty. Here she shares her five natural beauty secrets that will help your skin to glow with health...

AVOID SUGAR Wean yourself off the white stuff! Sugar is a real enemy to our skin, as raised blood sugar levels increase the risk of skin inflammation, and research suggests that inflammation contributes to problems such as acne, eczema and skin ageing. Try using a natural sweetener instead, such as xylitol, which reduces tooth decay and is thought to help support bones. Stevia is also a natural herbal sweetener.

INCLUDE PROBIOTICS Probiotics have become synonymous with helping to maintain good digestive health whether taken as daily supplements, or ingested as active cultures in 'live' organic yogurt. The benefits of these 'friendly' bacteria are now thought to extend beyond the digestive tract and really help keep skin clear. By lining the gut, they create a healthy, sealed barrier that prevents inflammation – often the trigger for breakouts.

GO GREEN Green foods are alkalising and help encourage clearer skin. Adding a spoonful of alkalising chlorella, spirulina, barley grass or wheatgrass powders to a homemade juice or smoothie can help counteract our more acidic lifestyles and maintain the body's natural balance. Most of us eat too much of foods like meat and dairy products, and stress and overwork can further increase our acidic load. The first tell-tale signs are often bad skin. These green powders are also a great

source of chlorophyll, which helps cleanse the system and provides us with a fantastic energy and vitality boost.

PACK IN THE PLANT OILS

Introducing plant oils into our diets is one of the most beneficial things we can do for our complexions.

Look for cold-pressed oils, as these will contain more vitamin E to keep us looking younger for longer. Drizzle a spoonful over cooked vegetables like broccoli or runner beans, or try using a mixture of different oils such as olive oil, rapeseed and pumpkin seed oils in salad dressings.

FISH FOR COMPLIMENTS If you want to make sure you're looking your most radiant, then make sure you include plenty of oily fish in your diet. A great source of protein and omega-3s, which have been shown to reduce inflammation and may even help with skin disorders such as psoriasis.

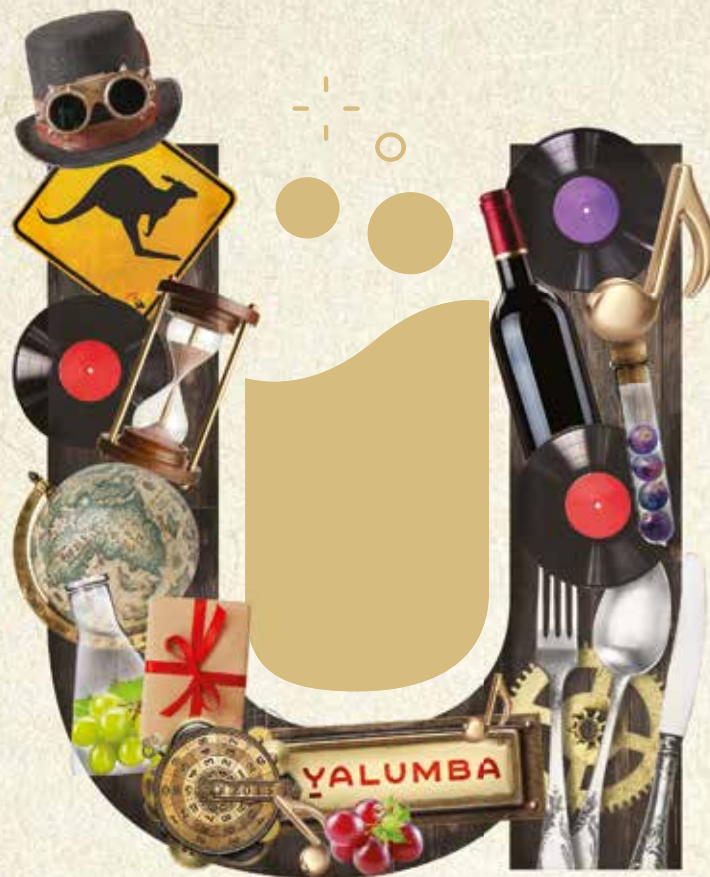


THE KINDNESS FRIDGE

MyGovinda's, a restaurant brand serving healthy and holistic Indian food, presents the Kindness Fridge at its restaurants in Umm Suqeim and Al Karama. The Kindness Fridge is to help those less fortunate in the city, who require healthy food after a hard day of work, but might not have the means to purchase it in local restaurants. By storing freshly prepared wholesome lunch boxes, fresh fruits and water in a refrigerator outside the restaurant, with open-door policy, the Kindness Fridge aims to bridge this gap.

Mahesh Advani, founder and owner, MyGovinda's Restaurant, said, "The summers of Dubai beat down hard, especially on the people working long hours in the sun; trying to make ends meet and provide happy lives to their family. It's open to all, it's completely free, and the food is from our heart, out of the love and respect we have for all persons in these sectors, in our land of residence."

While there only exist two self-funded Kindness Fridges by MyGovinda's, the restaurant is looking to increase the number of fridges in the future once the initiative kicks off, and can work with the community to provide more food and beverages through this medium to those in need. If you'd like to help, please visit mygovindas.com.



brunchology

{science of brunching}

Fusing together the Friday atoms, tinkering with the usual brunch molecules... we have mastered the science of brunching!

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AED 369* with free-flowing sparkling wine
AED 499* with free flowing house-beverages & Bollinger pour

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**Price is inclusive of 10% municipality fee and 10% service charge*



#brunchology
#yalumbadubai

Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

▀ Mr Miyagi's, Media One

Last month, Mr Miyagi's launched on Media One's ninth floor with the promise of delivering authentic Asian street food. Split into a restaurant and separate bar, Mr. Miyagi's will offer a diverse street food menu of Vietnamese soups, Japanese small plates and Chinese favourites. Serving up dinner and weekday lunches of Dhs49 bento boxes, there will be plenty of options, from soy-sational sushi to tongue-tingling Thai curries. *Call 04-4207489.*

▀ Khyber, Dukes Dubai

The first venue to open under the Khyber name outside of its native Mumbai, the new, fine dining Indian restaurant opened at Dukes Dubai last month. Specialising in authentic north Indian frontier food, Khyber's menu includes dishes like tandoori raan, a tender leg of baby lamb, Khyber spiced marinade, cooked in a clay oven; makai ki tikki, corn patties, royal cumin seed, green chillies and coriander; hara masala pomfret, whole pomfret stuffed with mild coconut and coriander chutney, seared until crisp, plus more. *Call 04-4551111.*

▀ Via Veneto Osteria e Cucina, Manzil Downtown

A new opening by Gates Hospitality, Via Veneto starts every day with breakfast, offering morning staples like traditional uova al purgatorio, pan cooked eggs in a fiery tomato and pepper sauce, and bruschetta al salmone accompanied by grilled sourdough bread and crushed avocado. Lunch and dinner menus follow, serving up all the Italian signatures that would be expected with a traditional wood-fired oven offering up pizza alongside handmade pasta dishes. *Call 04-2427882.*

▀ Blaze Burgers, The Walk at JBR

Choose between American Angus or Australian Wagyu patties at the latest burger joint to open doors at Jumeirah Beach Residence's The Walk. Offering a selection of gourmet cheeses to top burgers with, ice cream milkshakes, vegetarian and low-carb options, the opening represents Blaze Burgers first launch in Dubai. *Call 04-2424523.*



Mr Miyagi's, Media One

Text by SOPHIE MCCARRICK | Photographs SUPPLIED

Table 9, Hilton Dubai Creek

Make your next brunch experience that little bit extra special with Hilton's Friday brunch offer that entitles all diners to a free night stay at the hotel for two on the same day as brunch at Table 9. The chic venue serves an array of modern European cuisine, with the menu comprising 14 different dishes served to the table. After brunch retire with your partner for a relaxing night in a deluxe room, free of charge. Prices for brunch per person start at Dhs290. Call 04-3182221.

Qwerty, Media One

There's a fun, new brunch taking place at Qwerty every Friday from 1 – 3pm for Dhs199 per person, including all-inclusive food and beverages. From 3 – 4pm, you'll have the option to 'Top Up' for an additional Dhs99, before 2-for1 happy hour follows from 4 – 7pm. For food, you'll be able to enjoy a shared selection of 'Grazers' from Qwerty's a la carte menu, including the 'pint of prawns', 'smaki rolls', tandoori pulled chicken samosas and mini Cornish pasties, as well as a choice of mains. The laid-back brunch features a few fun tabletop touches like mini Connect 4, vintage Atari games and other board games to enjoy whilst listening to modern classics from Dubai 92's Jono. Call 055-1249673 or email bite@mediaonehotel.com.



Tortellini, Blue Bay Tower, Business Bay

Tortellini, a new Italian restaurant, has opened its doors in Business Bay, inspired by the streets of the gastronomical capital of Italy, Bologna. From traditional Italian appetizers, pasta, authentic pizza, selection of meat, seafood and desserts, the casual dining restaurant is open daily from 11am to 1am. Call 05-44440303.

At.mosphere, Burj Khalifa



Executive chef Christopher Graham has launched a new seasonal menu at At.mosphere, the restaurant located on floor 122 of Burj Khalifa. Indulge in colourful and textured dishes, such as dry aged beef tenderloin with tongue and tail, watercress and barolo vinegar or salt bush lamb with spiced aubergine freekeh and goat's curd cremeux. For seafood lovers, there's dishes including line caught sea bass with carpet shell clams, baby squid, romesco and puffed rice, or braised turbot with Obsiblu tartar, leek, vanilla and verjus. The Degustation Menu is priced at Dhs880 per person, while the Garden Degustation Menu is 660 per person and à la carte options are also available. Call 04-8883828.

Café Bateel, various locations

Two new menus are now available at Café Bateel outlets across the UAE, including the Summer Seasonal menu that comprises fresh and healthy options, plus the Sundae menu, which features decadent desserts. Highlights on the new menus include the tuna superfood, a salad made with seared Saku tuna, a tangy quinoa mixed with avocado, jirjir, olives, onions, cherry tomatoes and grilled peppers, finished with a delicate apple dressing, and the Bateel Date Sundae, served with homemade yoghurt ice cream, warm caramel sauce, chantilly whipped cream and caramelised pecans. See bateel.com.



Zahira, H Hotel

As of August 4, Zahira – the newly opened modern Middle Eastern eatery by chef Greg Malouf – will start welcoming guests for Friday lunch. Enjoy a leisurely afternoon voyaging through a decadent nine-course lunch menu or alternatively, go la carte. The 'Art of Feasting' lunch menu, which varies each week will showcase the best ingredients and flavours of modern Middle Eastern cuisine served with creative flair. Each course will be paired with a select glass of grape, plus a glass of sparkling grape on arrival. The a la carte menu offers dishes including wagyu basturma and hazelnut falafel, and twice cooked spatchcock chicken fattah and Lahem meshwi (skewered lamb). Available from 1 – 4pm every Friday for Dhs495 per person including tasting menu and nine grape varieties. Call 04-5018606.



📍 **Giardino, Palazzo Versace Dubai**

Enjoy brunch indoors this month at Giardino Restaurant's Friday brunch, available every week from 1 – 4pm. Indulge in a choice of international cuisine, including Italian, Arabic, Indian and a wide range of seafood options. Highlight dishes on offer include tuna tartare, short ribs, snow crab, lobster, scallops and sushi. After tucking into brunch, you can spend the day relaxing at the 5-star hotel's luxury pool, for no additional cost, while listening to the sounds of the live band who will entertain all afternoon. For those looking to continue the brunch experience, head to La Vita, Palazzo Versace Dubai to enjoy 50% off all beverages. Priced at Dhs350 per person including soft beverages, Dhs550 with select house beverages, and Dhs690 including bubbly. Children between 6-12 years dine for Dhs175. Call 04-5568840.

📍 **Yuan, Atlantis, The Palm**



Are you a fan of ramen? Well the Chinese restaurant, Yuan at Atlantis, The Palm has launched a new ramen noodle menu. Chef David Pang's menu features five new dishes from Shanghai style to Szechuan style, each with a unique twist of the original 'La Mian' style noodle dish found in China. The menu is available Saturday to Wednesday from 6 – 11pm and Thursday to Friday from 6 – 11.30pm. Call 04-4262626.

📍 **JW Steakhouse, Marriott Hotel Downtown Abu Dhabi**

Every day from 6 – 7.30pm, pick your favourite appetiser from the à la carte menu and any of the USDA Certified Prime Beef cuts with one sauce and one side of your choice, for Dhs180 per person with two signature light cocktails or Dhs200 per person with two glasses of house grape. Call 02-3047777.

📍 **Ranches Restaurant, Arabian Ranches Golf Club**

A new quiz night has launched at Ranches Restaurant every Tuesday from 7 – 10pm with Shane the 'quiz master'. Priced at Dhs95 for food and soft beverages, the evening includes a British-inspired buffet, entry into the quiz and prizes up for grabs. Call 04-3607935.



📍 **Flow, Jumeirah Emirates Towers**

Positioned as a home-grown health hub in Dubai, Flow has introduced 20 new dishes to its menu. Comprising all-day breakfast items, snacks, small entrees, sharing platters, salads and desserts, the revamped menu continues to make recognisable dishes in a healthy way, hailing from Britain, India, the Middle East and beyond. New dishes on the menu include items like summer vegetable egg white omelette, granary French toast, shrimp slider in a spinach bun, braised Moroccan lamb shoulder, quinoa-crust baked salmon, grilled organic tandoori chicken slider, and more. Call 05-52934430.



📍 **QD's 2.0, Emirates Golf Club**

Inspired by Dubai Golf's Dubai Creek venue, QD's, the golf leisure organisation opened QD's 2.0 at Emirates Golf Club on July 27. The fully air-conditioned summer tent with capacity for 250 will remain open until mid-October on the golf club's lawn, with a casual dining feel. Offering a la carte menus, music, family friendly brunches, summer beverage deals and a dedicated shisha area, QD's 2.0 will be open weekdays from 5pm to 3am, and on Fridays and Saturdays the Family Brunch packages will be available from 12pm until 4pm, with normal service resuming after brunch until 3am. Brunch options include Dhs135 per person for food and soft drinks, Dhs295 per person for food and selected house beverages and Dhs360 to include bubbles. Kids are priced at Dhs50 each. Call 04-4179999.

RIXOS
THE PALM DUBAI

TURKISH BRUNCH

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authentic Turkish delicacies at A La Turca
every Saturday from AED 199 per person.*



**Nominated for the Best Middle Eastern Restaurant
at BBC Good Food ME Awards 2017**

Tried & tasted

Each month, we review three of the city's top tables.



Tresind, Nassima Royal Hotel



Reviewed by Sophie McCarrick

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

Where?

TRADER VIC'S, CROWNE PLAZA DUBAI

Dining experience:

What's it like? Step into a Polynesian paradise at the newly refurbished Trader Vic's at Crowne Plaza Dubai – the very first Trader Vic's to open doors in Dubai 22 years ago. Located on the third floor, the restaurant and bar is accessible independently from the road or via the hotel. Upon entering, prepare to be met with an exotic ambiance that's energetic and full of character and charm, with carved tribal masks and bamboo-style finishes throughout. The vibe is high-spirited, fun and instantly puts you in the mood to have a good time (dancing included, as the Latin band livens things up after dinner). Home to international specialties and tropical cocktails, including the must-try famed Mai Tai, the offering at Trader Vic's sets the stage for a tasty culinary experience.

What are the food highlights?

Transported to an island setting inside the restaurant, it only seemed fitting to begin dinner with a sharing starter of 'cosmo tidbits' – the Trader Vic's original pupu platter (is a tray of American Chinese or Hawaiian food), which comes with succulent lamb ribs, crab Rangoon and beautifully crisp prawns. In addition, we shared a hearty serving of gorgeously fresh ahi tuna poke that offered a pleasant spicy kick. A special feature at Trader Vic's is the large wood-fired oven, which sees meats



and seafood suspended from hooks and slowly cooked over a hardwood fire, which leaves the ingredient with a unique, smoked flavour. With this being a speciality, I opted for the wood-fired tenderloin, which was cooked to perfection and so full of flavour that I actually opted out of pairing with the side of peppercorn sauce. To wrap things up, the tableside crepe Suzette preparation was expertly performed and most certainly ended the experience on a sweet note.

How was the service? Attentive but not overbearing. The team here are so passionate about the offering at Trader Vic's, and their friendly enthusiasm is endearing.

The bottom line: High-quality food and beverage, in a fun and relaxing atmosphere. Ideal for an upbeat night with your other half or a group of friends.

Want to go? Priced at around Dhs250 per person for three-courses, without beverages. Call 800-276963 or e-mail fbreservations.cpdubai@ihg.com.



Where?
TRESIND, NASSIMA ROYAL HOTEL

Dining experience: New tasting menu
What's it like? Tresind isn't your every day Indian restaurant. It's exclusive in its offering and has masterfully created a dining experience that's unique, entertaining and well-executed. Priding itself on progressive fine dining – very-much Alinea-inspired – married with traditional traits from authentic Indian cuisine, Tresind serves up a refined yet creative menu. Inside the restaurant it's sophisticated yet relaxed, with white table cloths and plush white and black chairs. There's also a separated bar inside Tresind that's ideal for visiting for drinks pre- or post-dinner. When we visited on a Thursday evening, the vibe was lively and fun as the evening went on.

What are the food highlights?

Although there is an à la carte menu available, we're here to check out the newly-refreshed tasting menu, which is ten courses (plus a sorbet cleanser) and is available in non-vegetarian and vegetarian. The journey begins with sundried tomato and ricotta phulka, followed swiftly by a playful mouthful of deconstructed pani puri that is made tableside. The fun continues as the modernist chaat trolley rolls up to prepare a flavoursome serving of chaat before your eyes, before the next live demonstration of wild mushroom chai is carried out with the server adding dehydrated mushrooms and truffle milk powder in to finish. The result is delicious and warming. Scrumptious interim courses of applewood smoked chicken tikka carpaccio with litchi and tarragon, then tandoori lamb chops with rosemary reduction and ghee roast potatoes follow (don't worry, the portions aren't huge so you'll manage). A favourite of the night for me had to be the chef's take on eggs benedict, minus the eggs. Instead, he replaces the eggs with a succulent tiger paw atop a soft English muffin and drizzles with hollandaise. After seared tenderloin steak slices with molcajete chimichurri chutney are served, it's time to choose a main of either parsi baida roti

with chicken curry, or John dory en papillote with malvani curry. I opted for the chicken, and thoroughly enjoyed, despite being quite full at this point. To finish, I won't spoil the surprise, but let's just say it's a delight to watch – and eat.

How was the service? Welcoming, informative and entertaining. The team here are well-informed and always on hand to assist with explaining the menu.

The bottom line: A lovely restaurant offering great value for money. Don't go here expecting to be served an average curry and rice dish, as you'll not get it – the offering is of a great, creative standard.

Want to go? Priced at Dhs250++ for the non-vegetarian and vegetarian ten-course tasting menu (plus Dhs200 per person for wine pairing with five half glasses). Call 04-3080440 or e-mail tresind@passionfandb.com.



Where?
LUCKY VOICE DUBAI, GRAND MILLENNIUM HOTEL

Dining experience: The Jukebox Brunch, every Wednesday from 8 – 11pm

What's it like? Spread across two floors, Lucky Voice Dubai is a world of excitement. The lively, karaoke-led venue is where to head when you're looking to let your hair down and have a good sing along – it's honestly one of the most fun venues I've been to in Dubai. Sister to the London-based flagship

Lucky Voice in Soho, the Dubai venue launched in December last year and has nine private and fully soundproof karaoke pods (accommodating parties of 6, 8, 10, 12, and 15 people), plus a large casual dining/bar area. With the latest hits mixed with golden oldies playing throughout the night, expect to be singing along before your main course platter is served.

What are the food highlights?

Food at The Jukebox Brunch is served sharing-style to the table and is all very

fuss free and finger-food friendly – which you'll understand is necessary as the singing party atmosphere comes alive. Across starter, main and dessert courses, you'll be served platters featuring bites like Italian dough pizzas, tacos (included pulled pork options), a variety of sliders and fully-loaded nachos – not forgetting ice cream topped chocolate brownies to finish. Depending on the package you opt for, your server will place a bucket of beverages on your table, so you're never without a drink throughout.

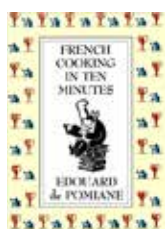
How was the service? Laid back but attentive, the team here are young, friendly and ensure you're having a great time.

The bottom line: Don't forget your singing voice and dancing shoes – a fabulous and fun time awaits.

Want to go? Priced at Dhs150 with soft beverages, Dhs250 with house beverages and Dhs295 with sparkling. Call 800-58259 (LUCKY) or e-mail Reservations@LuckyVoice.ae.

The book that made me a chef

We asked top cooks and chefs which cookery books have had the biggest impact on their career and the way they think about food. There's a French flavour to many of their choices



Raymond Blanc

THE BOOK French Cooking in Ten Minutes by **Edouard de Pomiane (1939)**

Pomiane's book features simple, nutritious meals and a typically French reverence for food.

Modern life spoils so much that

is pleasant,' Pomiane says. 'Let us see that it does not make us spoil our steak or our omelette. Ten minutes are sufficient – one minute more and all would be lost.'

Raymond, chef patron, Le Manoir aux Quat'Saisons in Oxfordshire, says 'Pomiane is my hero. He was not a chef but a renowned scientist at the Institut Pasteur in Paris, an expert in nutrition and the medical values of food. A man of real knowledge.'



Richard Bertinet

THE BOOK Guide de l'Amateur de Pain by **Lionel Poilâne (1981)**

This account of working life in a bakery by Parisian baker Lionel Poilâne includes chapters on how to choose your bread, the art of sandwiches, and the all-important

question of whether bread can be kept in the fridge!

Richard, baker, author and owner of The Bertinet Kitchen cookery school in Bath, says 'Poilâne's descriptions of the history and work in his bakery has always reminded me of how I felt when I started baking, and provided me with inspiration along the way. I was lucky enough to meet him before he died and he will always be one of my heroes.'

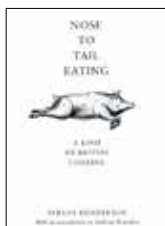


Orlando Murrin

THE BOOK Goose Fat & Garlic by **Jeanne Strang (1991)**

Having bought an abandoned French farmhouse in 1961, Strang gathered recipes and regional dishes to create this

celebration of food between Languedoc and Limousin. **Orlando, Executive consultant editor, Good Food magazine, says** 'If ever a cookbook changed someone's life – this was it for me! Jeanne Strang's description of south west France and its rich culinary heritage is so captivating that, in 2004, I left the rat race to move there and open a gastronomic B&B. An inspirational book packed with impeccable research and authentic recipes.'



Barney Desmazery

THE BOOK Nose To Tail Eating by **Fergus Henderson (1999)**

A comprehensive guide to cooking at home with offal, off-cuts, game and garden vegetables – this book led a move away from

fussy restaurant dishes in favour of hearty food and neglected cuts.

Barney, Senior food editor, Good Food, says 'One of the most thumb-ed books in my large collection. I return to it again and again for its brilliantly basic recipes for things like brine, aioli and horseradish sauce. The foolproof ratios and simple recipes are the building blocks of Henderson's restaurant St John.'



Ping Coombes

THE BOOK The Complete Asian Cookbook by **Charmaine Solomon (1976)**

With 13 chapters, which include dishes from Malaysia, India, Sri Lanka, Thailand, Burma, Vietnam,

Japan and Korea, this is a wide ranging guide not only to techniques, ingredients and equipment, but also recipes.

Ping, 2014 BBC MasterChef winner, says 'This is my all-time favourite cookbook, it's an extensive collection of recipes from all over south-east Asia, which is where I do a lot of my research. It provides a fantastic starting point for so many of my recipes.'



Skye Gyngell

THE BOOK

French Country Cooking by Elizabeth David (1951)

Written when food rationing was still in force (it ended in 1954), David's second book includes classics such as Hare in a cream & chestnut purée. Often credited with rejuvenating post-war British food, David went on to write many more cookery books. **Skye (above), founder of Spring, Somerset House in London, says** 'A groundbreaking book. Elizabeth David was a pioneer in the total transformation of British cooking habits.'

Elizabeth David

French Country Cooking



Tom Kitchin

THE BOOK Grand Livre de Cuisine: Alain Ducasse's Culinary Encyclopaedia by **Alain Ducasse (2001)**

Features 700 recipes listed alphabetically, including 44 different recipes for lobster. There have been several editions since 2001, including volumes on Pâtisserie and Mediterranean cooking.

Tom, chef and owner of Kitchin in Edinburgh, says 'This is a chef's bible – Alain Ducasse is a culinary legend and one of my greatest mentors. I always revisit his book.'



Eric Lanlard

THE BOOK Quay:

Food Inspired by

Nature by Peter Gilmore (2010)

Australian chef and restaurateur Peter Gilmore shares signature recipes from his Sydney kitchen, and outlines his philosophy for natural ingredients and organic presentation.

Eric (above), pâtissier and author, says 'I love this book. For me, it's not just about the cooking and the food, it's the whole lifestyle. It's an aspirational feast and I never tire of revisiting this book.'



James Martin

THE BOOK Larousse

Gastronomique (1938)

A French encyclopaedia of ingredients, cooking styles, regional produce maps, wines of the world and appliances.

The 1,350-page edition was published in 2001.

James, restaurateur and presenter of BBC One's Saturday Kitchen, says

'Larousse Gastronomique was a bible for me 20 years ago, and even today, it is still such a source of inspiration.'

Michelin-starred chef Tom Kerridge says

'I still refer to this book for its perfect flavour combinations. I also use the French terminology to help me with my menus.'



Tom Kerridge

THE BOOK White

Heat by Marco Pierre White (1990)

'You're buying this book because you want to cook well? Forget it. Save your money – go and buy a saucepan. You want ideas,

inspiration, a bit of Marco? Then maybe you'll get something out of this book.' Marco Pierre White's pioneering 'celeb' approach to food is evident in his book's opening.

Tom, chef owner of The Hand and Flowers in Marlow and presenter of BBC Two's Food & Drink, says

'Marco really made food cool, and his book was the first of its kind. This book is the reason I became a chef – it turned cooking into something rock 'n' roll.'



Antonio Carluccio

THE BOOK La Scienza In

Cucina E L'Arte Di Mangiar Bene (Science in the Kitchen and the Art of Eating Well)

by Pellegrino Artusi (1891)

Artusi completed and self-published his manual of Italian food, aged 71, at

the end of the 19th century. It is a collection of 790 recipes inspired by home kitchens across Italy.

Antonio Carluccio, chef, author and founder of the Carluccio restaurant chain, says 'This is my

favourite food book of all time; it is the only cookery book that truly encapsulates the real spirit of regional Italian food.'



Florence Knight

THE BOOK Food in England

by Dorothy Hartley (1954)

With chapters on kitchen fireplaces, game, medieval feasts, and salting, preserving and drying, Hartley's book is a compendium of mid-century cooking.

Florence Knight, head chef of Polpetto in London, says 'This book is beautifully written and very visual.

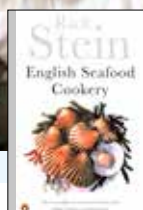
It outlines so many recipes that we've lost, as well as the wonderful food traditions of Britain. I have a signed copy of a second edition and I love it.'



Nathan Outlaw

THE BOOK English Seafood Cookery by Rick Stein (1988)

Rick Stein's first book, published before he became famous, won the prestigious Glenfiddich award. Nathan (right), founder of Outlaw's in Cornwall and London, says 'There are no photos, so the text is very detailed, but there are beautiful illustrations. With lots of commentary, it reads like a reference book rather than a cookery book. The recipes include original dishes, old favourites and traditional French-inspired food.'



Rosemary Shrager

THE BOOK Mastering

the Art of French Cooking by Julia Child (1961)

American TV chef of the 1960s, Child wrote this book to adapt French cuisine for American home cooks. It includes 524 classic recipes

such as bouillabaisse and cassoulet.

Rosemary, author and owner of The Cookery

School in Kent, says 'This book is so dear to me – it was the beginning of my culinary education.

It has no pictures, just text, and it was my bible. I studied the text over and over again and I did "master" the art! I ended up buying two copies because my one was so well-thumbed. I treasure it – my desert island cookbook.'



Thomasina Miers

THE BOOK The Moro Cookbook by Sam and Sam Clark (2001)

Sam and Sam's first book features the cooking from a region most British cooks were unfamiliar with 15 years ago. It paved the way for the success of Ottolenghi with authentic recipes, and is a true taste of their restaurant, Moro.

Thomasina (above), BBC 2005 Masterchef

winner and founder of the Wahaca chain of restaurants, says 'I go back time and

again to this cookbook – it was the first Spanish and Middle Eastern book of its time and made it possible for so many others to follow in its footsteps. The recipes are clearly written, the prose is lovely and the ingredients are thoughtfully explained, without being at all dumbed-down.'

Which cookbooks have inspired you?

We'd love to hear which books you turn to again and again... [f](#) [t](#) [@bbcgoodfoodme](#)

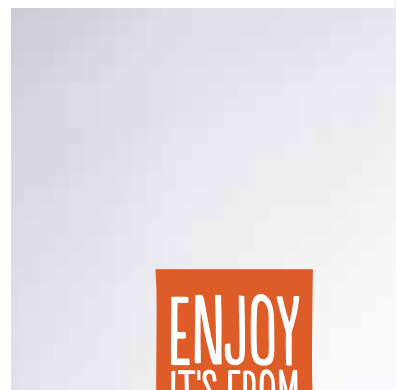


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Super-speedy dips

Whizz these up in minutes – homemade always tastes better!

recipes MIRIAM NICE *photographs* MIKE ENGLISH



Beetroot & chilli salsa

SERVES 4 PREP 10 mins
NO COOK V

2 whole cooked beetroots
2 tomatoes
1 red chilli, deseeded
1 orange, peeled
1/4 cucumber
small pack coriander,
finely chopped
1 lime, juiced

To serve
tortilla chips or crisps

Cut the beetroot, tomatoes, chilli, orange and cucumber into small chunks, then mix them all together with the coriander and lime juice. Season and serve with tortilla chips or crisps.

GOOD TO KNOW vegan • low fat • folate •
vit c • 1 of 5-a-day • gluten free
PER SERVING 47 kcals • fat none •
saturates none • carbs 8g • sugars 8g •
fibre 2g • protein 2g • salt 0.1g



If you end up with a homegrown glut of beetroot this summer, why not cook your own for this recipe.
Heat oven to 200C/
180C fan/gas 6 and roast
(washed but unpeeled)
wedges of beetroot tossed in
olive oil, salt and pepper for
25-30 mins or until tender.

Leafy salsa verde with yogurt

SERVES 4-6 PREP 10 mins
NO COOK V

1/2 small pack flat-leaf parsley
1/2 small pack basil, plus a few
extra leaves to serve
1/2 small pack mint
4 tbsp olive oil
2 tbsp vinegar
250g-300g Greek yogurt
or labneh

To serve
radishes, fennel and chicory

1 Whizz everything, except the yogurt, in a food processor or using a stick blender until it's the consistency of fresh pesto.
2 Spoon the yogurt into a shallow serving bowl and spread it out, making swirly indents in the yogurt. Pour



the herby dressing on top so it sits in little pools that you can ripple into the yogurt. Top with a few small basil leaves. Serve with crunchy salad vegetables like radishes, fennel and chicory.

GOOD TO KNOW gluten free
PER SERVING 136 kcals • fat 12g •
saturates 4g • carbs 3g • sugars 2g •
fibre none • protein 3g • salt none

Curried cashew dip

SERVES 4 PREP 5 mins
NO COOK V

100g cashew nuts
1-2 limes, juiced (approx 50ml)
3 tbsp coconut cream
2 tbsp korma curry paste
2 tbsp Bombay mix

To serve
chicken skewers, carrot sticks
and naan bread

1 Tip all the ingredients, except the Bombay mix, into a food processor. Blend until smooth, then season to taste. If the mixture is too thick, add a little more lime juice or a splash of cold water.



2 Spoon into a bowl and sprinkle over the Bombay mix before serving with chicken skewers, carrot sticks and naan bread.

GOOD TO KNOW vegan
PER SERVING 315 kcals • fat 26g •
saturates 12g • carbs 9g • sugars 4g •
fibre 2g • protein 8g • salt 0.4g

Artichoke baba ganoush

SERVES 4-6 PREP 5 mins
NO COOK V

280g jar chargrilled artichokes
in oil
3 tbsp tahini
1 lemon, juiced (approx 50ml)
2 garlic cloves
2 tsp smoked paprika
25g feta

To serve
flatbreads or stuffed vine
leaves, olives and falafel

1 Pour 50ml of the oil from the artichokes into a food processor. Add the artichokes and discard the remaining oil. Pour in the tahini and lemon juice, add the garlic and smoked paprika, then blitz until very smooth.



2 Spoon into a bowl and crumble the feta over the top with a few twists of black pepper. Serve with warm flatbreads, or as part of a meze with stuffed vine leaves, olives and falafel.

GOOD TO KNOW gluten free
PER SERVING (6) 82 kcals • fat 6g •
saturates 1g • carbs 2g • sugars none •
fibre 3g • protein 3g • salt 0.7g

PASSION



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2017
Middle East

DID YOU KNOW WE ARE
NOMINATED?

UNDER THESE CATEGORIES

BEST INDIAN RESTAURANT

BEST DINING EXPERIENCE

BEST BRUNCH



TRÈSIND



CARNIVAL

by Trèsind

dinner dash

Asparagus

Make the most of a bunch of seasonal asparagus with these speedy suppers

recipes ELENA SILCOCK photographs MIKE ENGLISH

Asparagus omelette

SERVES 2 

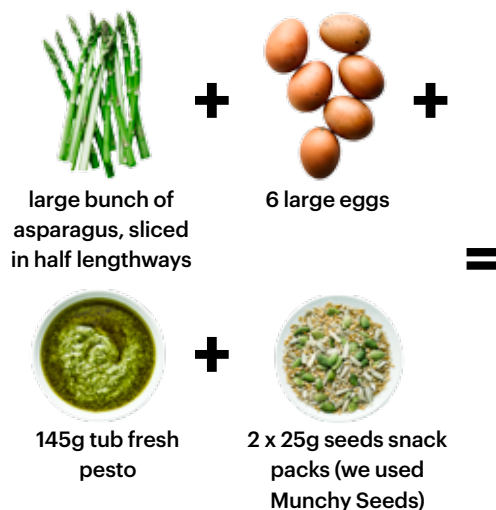
Heat grill to high. Toss the asparagus in olive oil, season and cook in an ovenproof frying pan until softened. Mix the eggs with half the pesto. Take half of the asparagus out of the pan, then spread out the rest. Pour over half the egg mixture. Cook for a few mins on the hob before finishing under the grill. Fold over, then repeat with the rest of the ingredients.

Drizzle the remaining pesto over the omelettes and sprinkle the seeds on top.

GOOD TO KNOW calcium • folate • fibre • iron • 1 of 5-a-day

PER SERVING 763 kcals • fat 64g • saturates 11g •

carbs 10g • sugars 6g • fibre 8g • protein 33g • salt 2.3g



Sardine & asparagus traybake

SERVES 2

Heat oven to 200C/180C fan/gas 6. Blitz 2 of the asparagus spears with the bread roll in a food processor into fine green crumbs. Arrange the sardines, remaining asparagus and Greek salad in a roasting tin, and cook for 15 mins. Meanwhile, fry the breadcrumbs in a splash of oil in a pan for 3-4 mins, then sprinkle on top.

GOOD TO KNOW calcium • folate • fibre • omega-3 •

2 of 5-a-day

PER SERVING 700 kcals • fat 36g • saturates 8g •

carbs 49g • sugars 5g • fibre 8g • protein 40g • salt 2.5g



Asparagus & meatball orzo

SERVES 4 

Heat oven to 180C/160C fan/gas 4. Put the meatballs on a tray lined with foil, season and cook for 20 mins until cooked through.

Meanwhile, bring a pan of salted water to the boil, add the orzo and cook for 4 mins, then add the asparagus and simmer for 4 mins more. Drain, then tip back into the pan along with the meatballs and crème fraîche, mix and season well.

GOOD TO KNOW folate • fibre • 1 of 5-a-day

PER SERVING 634 kcals • fat 35g • saturates 19g •

carbs 37g • sugars 3g • fibre 6g • protein 40g • salt 1.1g



CLEAN FRUIT AND VEGGIES, EASILY AND EFFECTIVELY

Whether your fruit and veggies comes from a supermarket, the garden or via delivery service, it's inevitable that produce will contain some sort of dirt, pesticide or unwanted contaminant. Combat any nasty add-ons with OY! Natural Fruit & Veggie Wash – the region's latest essential, all-natural and inexpensive blend to wash away germs, insects and more!

100%
Natural



Effectively
remove dirt, soil,
pesticides, wax
and insects from
fruit and veggies,
in three easy
steps!

It's easy and simple to use...

HOW TO CLEAN YOUR PRODUCE: in three easy steps

- 1 Rinse produce under running water
- 2 Soak produce in solution (1 tablespoon of Oy! veggie wash + 1 litre of water) for 15 minutes
- 3 Rinse produce under running water

For anyone that loves to eat fresh fruit, make smoothies, salads and uses vegetables on a regular basis in their cooking, sadly, plain old water alone is not enough to wash unwanted germs, chemicals and insects away.

To assist with getting rid of any nasty dirt, Oy! Natural Fruit & Veggie Wash is a new product on the market that effectively cleans and removes all nasty residue left on fruit and veggies during its journey from the farm to your home.

Especially in the Middle East, much of the fresh produce found in supermarkets here have travelled a very lengthy distance, with excessive chemicals used to prevent spoiling, making it even more important to wash and disinfect before consumption.

Certified with Emirates Quality Mark, Oy! Natural Fruit & Veggie Wash is completely safe – it's edible, contains zero harsh chemicals, has no aftertaste, no colouring, no fragrance and leaves no residue – making sure all that's left is the good stuff!

DID YOU KNOW?

That there are non-visible contaminants on the surface of fruits and veggies that cannot be washed away with water alone?

- **POTATOES** are not only covered with soil and mud, but also with pesticides and wax.
- **APPLES** are very high-maintenance fruit. They require a lot of pesticides and are often waxed.
- **ROOT VEGETABLES** such as potato, carrot, radish, and beetroot, are more prone to having some dirt on them.
- **LETTUCE** can be dirty, but could also contain some insects because of its many layers.
- **ORANGES** and **LEMONS** are among the most waxed fruit. Thanks to their thick skin, the wax does not seep through.
- **STRAWBERRIES** have very thin skin, so the pesticides do seep into the fruit.

Types of residue that are not washed away with water:

- **DIRT** is the soil and mud residue left on fruit and veggies, mainly those that grow underground.
- **INSECTS** can be found on the surface of fruit and veggies; they are a natural occurrence.
- **PESTICIDES** are used to destroy insects and other organisms that are harmful to plants, fruit and veggies.
- **WAX** is added to fruit and veggies to prevent loss of moisture, protect them from bruising during shipping, and increase their shelf life.

Why choose Oy?

OY! VS WATER & VINEGAR

Did you know that when you add vinegar to fresh produce, although it does disinfect, it also does two very undesirable things:

- 1 It leaves a sour aftertaste, which might not work with your dressing or the overall flavour palette you're trying to achieve. This happens especially for greens like lettuce, parsley, spinach, and basil.
- 2 It is very acidic and leaves your veggies looking not very fresh.

Oy! does not do either of these things.

Want to know more?

Buy Oy! Natural Fruit & Veggie Wash at all major supermarkets.

Website: oyproducts.com/natural-fruit-veggie-wash/

Facebook & Instagram: [oyproducts](https://www.facebook.com/oyproducts)

HEALTHY & LIGHT

Let's get griddling

Too hot to grill outdoors? Escape the heat this summer with these dishes that will give you barbecue-style results in your own kitchen



Caesar salad burgers

SERVES 4 **PREP 15 MINS**
COOK 10-15 MINS **EASY**

2 skinless chicken breasts,
halved lengthways
2 tsp olive oil
1 lemon, juiced
4 bread rolls, halved
3 tbsp crème fraîche
2 hard-boiled eggs, sliced
1 Little Gem lettuce, chopped
punnet of salad cress, snipped
25g parmesan, shaved

1 Heat a griddle pan over a high heat until very hot. Put the halved chicken breasts between two pieces of baking parchment and bash with a rolling pin to flatten. Remove from the paper and brush the chicken with the olive oil.

2 Cook the chicken on the griddle pan, turning once, for 10 mins or until cooked through. Transfer to a plate, pour over a little of the lemon juice and season.

3 Put the rolls on the griddle pan, cut-side down, to lightly toast them. In a small bowl, stir together the rest of the lemon juice and the crème fraîche. Build your burgers with the chicken, egg slices, lettuce, a dollop of the dressing, cress and parmesan.

GOOD TO KNOW folate • 1 of 5-a-day

PER SERVING 383 kcals • fat 20g • saturates 11g

• carbs 24g • sugars 3g • fibre 2g • protein 26g • salt 1.0g

Roasted vegetable quinoa salad with griddled halloumi

SERVES 4-6 **PREP** 15 mins
COOK 45 mins **EASY** **V**

2 tbsp olive oil
1 medium butternut squash, peeled, deseeded and cut into wedges
4 red onions, cut into wedges
4 large raw beetroots, peeled and sliced into wedges

200g quinoa, rinsed
1 litre vegetable stock
500g halloumi, cut into 12 slices
a few sprigs parsley, picked
1 garlic bulb
1 tbsp lemon juice or vinegar
3 tbsp extra virgin olive oil
1 tsp honey

1 Heat oven to 220C/200C fan/gas 7. Cut the top off the garlic bulb, drizzle with a little oil, wrap in foil and put in a roasting tin. Add the squash, onions and beetroot, season and pour over the remaining oil. Roast for 45 mins, turning the veg halfway through.

2 Meanwhile, put the quinoa and stock in a medium saucepan over a high heat. Bring to the boil, cover and simmer for 15 mins, then drain and return to the pan off the heat. When the veg are roasted, stir them through the

quinoa, but set the garlic bulb aside. To make the dressing, squeeze the garlic into a small bowl, add the lemon juice, oil and honey, then season and mix well.

3 Put a griddle pan over a high heat and cook the halloumi for 1 min each side (you may need to do this in batches). Spoon the quinoa onto plates and top with the halloumi and dressing and scatter over the parsley leaves.

GOOD TO KNOW calcium • folate • fibre • iron • 3 of 5-a-day

PER SERVING (6) 587 kcs • fat 31g • saturates 15g • carbs 44g • sugars 20g • fibre 9g • protein 28g • salt 3.1g



John Torode's charred salmon with fennel & olive salad

SERVES 4 PREP 30 mins

COOK 10 mins EASY

2 large fennel bulbs
6 tomatoes, roughly chopped
3 tbsp extra virgin olive oil,
plus a drizzle to serve
1 lemon, zested and juiced
100g black olives, pitted
1 tbsp capers, drained
4 skin-on salmon fillets (150g each)
1 tbsp vegetable oil
40g flat-leaf parsley, leaves roughly
chopped

1 Trim and set aside the fennel fronds. Slice the fennel as thinly as you can with a mandolin or sharp knife. Boil the fennel in a pan of salted water for 30 secs, then transfer to a bowl of iced water.

2 Put a sieve over a bowl and push through the tomato seeds and juice – discard the seeds, but keep the

juices. Stir in the olive oil, lemon zest and juice and a good pinch of salt. Drain the fennel and add to the bowl, along with the olives, capers and tomato flesh. Mix well and set aside.

3 Heat oven to 180C/160C fan/gas 4. Rub the salmon with the veg oil and season. Cook the salmon, skin-side down, in an ovenproof griddle pan over a medium heat for 7 mins, then roast for 3 mins until cooked.

4 Mix the parsley through the salad. Serve with the salmon on top with a drizzle of olive oil, if you like, and scatter over the reserved fennel fronds.

GOOD TO KNOW low fat • low cal • calcium • folate • fibre • vit c • iron • omega-3 • 2 of 5-a-day • good for you • gluten free

PER SERVING 446 kcal • fat 32g • saturates 5g • carbs 6g • sugars 6g • fibre 5g • protein 33g • salt 0.8g



Griddled courgettes with pine nuts & feta

*Serve this as a starter or as a side dish
with roasted or barbecued chicken or lamb.*

SERVES 4 PREP 10 mins

COOK 20 mins EASY V

2 tbsp extra virgin
olive oil

3 large courgettes,
thickly sliced

1 lemon, zested

100g feta

3 tbsp pine nuts

1 red chilli, deseeded
and chopped

small pack mint, torn

1 Brush a griddle pan with a little of the oil and place over a high heat. Once hot, griddle the courgettes in batches for 2-3 mins each side or until charred and cooked through.

Set aside and keep warm while you cook the rest.

2 Layer the courgettes on a platter and sprinkle over the lemon zest, feta, pine nuts, chilli and mint. Drizzle over the rest of the oil and season to taste, then serve.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 181 kcal • fat 16g • saturates 5g • carbs 3g • sugars 2g • fibre 1g • protein 7g • salt 0.7g



Griddled lettuce & peas

SERVES 2 PREP 5 MINS

COOK 10 MINS V

3 tsp vinegar
1 tbsp olive oil
1 garlic clove, crushed
1 tbsp each chopped parsley
and chopped mint
2 Little Gem lettuces, halved
140g frozen peas

Heat a griddle pan, brush the lettuces in the remaining oil and cook for 3 mins or until charred.

2 Bring a pan of water to the boil, cook the peas for 3 mins, then drain. Mix with the lettuce and dressing, then serve.

GOOD TO KNOW healthy • gluten free
PER SERVING 145 kcal • fat 7g • saturates 1g • carbs 10g • sugars 5g • fibre 8g • protein 6g • salt none

1 Combine the vinegar, 2 tsp oil, garlic and herbs in a bowl.

Griddled vegetable & feta tart

SERVES 4 PREP 10 mins

COOK 40 mins EASY V

2 tbsp olive oil
1 aubergine, sliced
2 courgettes, sliced
2 red onions, cut into chunky wedges
3 large sheets filo pastry
10-12 cherry tomatoes, halved
drizzle of balsamic vinegar
85g low-fat feta, crumbled
1 tsp dried oregano
large bag mixed salad leaves and low-fat dressing, to serve

1 Heat oven to 220C/200C fan/gas 7. Put a 33 x 23cm baking tray in the oven to heat up. Brush a griddle pan with about 1 tsp of the oil and griddle the aubergines until nicely charred, then remove. Repeat with the courgettes and onions, using a little more oil if you need to.

2 Remove the tray from the oven and brush with a little oil. Brush a

large sheet of filo with oil, top with another sheet, add a little more oil and repeat with the final sheet. Transfer the pastry to the hot tray, pushing it into the edges a little.

3 Arrange the griddled veg on top, then season. Add the tomatoes, cut-side up, then drizzle on the vinegar and any remaining oil. Crumble on the feta and sprinkle with oregano. Cook for about 20 mins until crispy and golden. Serve with the dressed mixed salad leaves.

GOOD TO KNOW low fat • low cal • 2 of 5-a-day • good for you
PER SERVING 191 kcal • fat 9g • saturates 3g • carbs 19g • sugars 8g • fibre 5g • protein 8g • salt 0.5g



For more griddling recipes, visit bbcgoodfoodme.com



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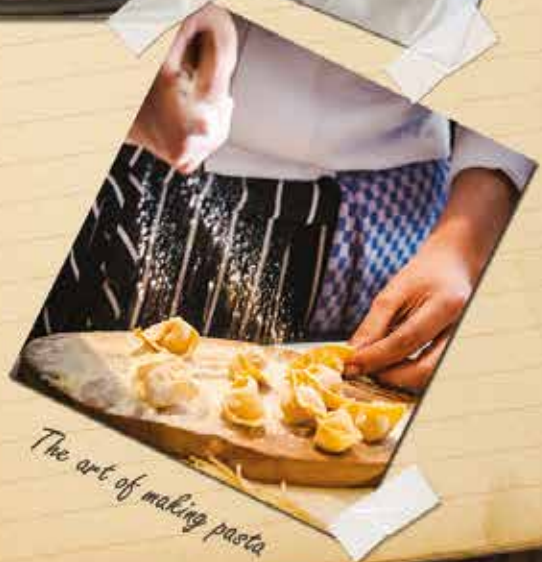
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Satisfying suppers

Some of these recipes make enough for two nights – ideal for a quick, healthy meal when you are short on time



Cod with cucumber, avocado & mango salsa salad

Avocados are a great source of potassium – along with their rich monounsaturated fat, they're super-healthy for your heart. You might think the mango would make this recipe high in calories, but combined with low-fat cod – an excellent source of stress-busting B vitamins – and magnesium, it is surprisingly low.

SERVES 2 PREP 5 mins
COOK 8 mins EASY

2 x 125g skinless cod fillets
1 lime, zested and juiced

1 small mango, peeled, stoned and chopped (or 2 peaches, stoned and chopped)
1 small avocado, stoned, peeled and sliced
¼ cucumber, chopped
160g cherry tomatoes, quartered
1 red chilli, deseeded and chopped
2 spring onions, sliced
handful chopped coriander

1 Heat oven to 200C/180C fan/gas 6. Put the fish in a shallow ovenproof dish and pour over half the lime

juice, with a little of the zest, then grind over some black pepper. Bake for 8 mins or until the fish flakes easily but is still moist.

2 Meanwhile, put the rest of the ingredients, plus the remaining lime juice and zest, in a bowl and combine well. Spoon onto plates and top with the cod, spooning over any juices in the dish.

GOOD TO KNOW healthy • low fat • low cal • folate • vit c • 3 of 5-a-day • gluten free
PER SERVING 272 kcals • fat 12g • saturates 2g • carbs 15g • sugars 14g • fibre 5g • protein 25g • salt 0.3g

Jamaican chicken with rice & peas

Meat cooked on the bone will add additional nutrients to the sauce in the form of amino acids, gelatin (good for the joints), selenium and zinc – which is why bone broth is so popular.

SERVES 4 **PREP** 15 mins

COOK 30 mins **EASY** 🌿 chicken only

1 tbsp rapeseed oil
2 red onions, halved and sliced
4 chicken legs (about 1 kg in total), skin removed
1 tbsp fresh thyme leaves
1 tbsp Madras curry powder
1 tsp ground allspice
4 large tomatoes, chopped
1 red chilli, deseeded and sliced
2 garlic cloves, chopped
2 tsp vegetable bouillon
For the rice & peas
125g brown basmati
1 red onion, chopped
2 garlic cloves, chopped
1 tbsp fresh thyme leaves, plus extra to serve
1 tsp vegetable bouillon
400g can black-eyed beans

1 Heat the oil in a very large non-stick frying pan and cook the onions for 5 mins or until soft. Meanwhile, coat the chicken thoroughly with the thyme, curry powder and allspice. Add to the pan and briefly brown the chicken, then tip in the tomatoes, chilli, garlic and bouillon. Pour over 450ml water, cover and simmer for 30 mins or until the chicken is tender.

2 Meanwhile, tip the rice into a medium-sized pan with the onion, garlic, thyme and bouillon. Pour in 600ml water, cover and cook for 25 mins or until the liquid has been absorbed and the rice is tender. Check toward the end of the cooking time to ensure it isn't starting to catch on the

pan. Stir in the beans and heat through. Serve half the rice with half the chicken (saving the leftovers for a second meal), scattered with a few extra thyme leaves, if you like.

GOOD TO KNOW • healthy • low fat • fibre • iron •
3 of 5-a-day

PER SERVING 571 kcal • fat 18g • saturates 4g •
carbs 48g • sugars 11g • fibre 10g • protein 49g • salt 0.5g

gf tip

Chill the remaining curry and rice straight away and store in the fridge. Heat through thoroughly in the microwave or in a pan until piping hot. You will need to add a dash of water to the rice to prevent it from sticking to the pan as it reheats.





Miso burgers with mint & pomegranate slaw

Chickpeas are a good source of manganese, which we need for healthy bones. The fibre they contain helps regulate cholesterol too. Although good for you, miso is high in salt, so don't be tempted to add more than we have recommended here.

SERVES 4 **PREP** 15 mins
COOK 25 mins **EASY** **V**

75g bulghar wheat
1 tbsp rapeseed oil
2 onions, chopped
4 garlic cloves, chopped
2 carrots, coarsely grated
1 large red chilli, deseeded and finely chopped
1 tsp cumin seeds
1 tbsp ground coriander
30g pack coriander, stalks and leaves chopped but kept separate

1 lime, zested, $\frac{1}{2}$ juiced, $\frac{1}{2}$ cut into 4 wedges
2 x 400g cans chickpeas, drained
2 large eggs
2 tbsp white miso paste
For the slaw
 $\frac{1}{2}$ small white cabbage, shredded
1 red onion, halved and thinly sliced
2 carrots, shredded (ideally with a julienne peeler)
1 pomegranate, seeds only
2 tbsp chopped mint
1 tbsp cider vinegar
1 tbsp extra virgin rapeseed oil

1 Heat oven to 220C/200C fan/gas 7. Cook the bulghar in a small pan of water for 5 mins. Meanwhile, heat the oil in a large non-stick frying pan and fry the onions and garlic, stirring, for 5 mins or until starting to turn golden. Add the carrots and chilli, and cook, stirring frequently, for 5 mins until the carrots soften.

Add the cumin, ground coriander, coriander stalks and lime zest, and stir well.

2 Tip the chickpeas into a bowl and crush with a masher or fork, then add the eggs and miso to form a chunky paste.

3 Drain the bulghar well and stir into the spicy vegetables. Take off the heat, shape into eight burgers and place on a baking sheet lined with baking parchment. Bake in the oven for 15-20 mins or until firm and starting to turn golden.

4 For the slaw, combine all the ingredients in a big bowl with the lime juice and coriander leaves. Serve with the burgers and lime wedges for squeezing over.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 442 kJ • fat 10g • saturates 1g • carbs 58g • sugars 23g • fibre 21g • protein 19g • salt 1.2g

Herb & garlic pork with summer ratatouille

This recipe provides 5 of your 5-a-day! It makes a great Sunday supper, but the leftovers will also help you make some speedy lunches later in the week.

SERVES 2 (with leftovers for other meals) **PREP** 15 mins **COOK** 25 mins
EASY 🌱 🍴

2 tsp rapeseed oil
2 red onions, halved and sliced
2 peppers (any colour), diced
1 large aubergine, diced
2 large courgettes, halved and sliced
2 garlic cloves, chopped
400g can chopped tomatoes
2 tsp vegetable bouillon
1 thyme sprig
handful basil, stalks chopped, leaves torn and kept separate

For the pork

475g pork tenderloin, fat trimmed off, cut into 2 equal pieces
2 garlic cloves, crushed
1 tbsp thyme leaves, plus a few sprigs to decorate
1 tsp rapeseed oil
brown rice or new potatoes, to serve

1 Heat the oil in a large non-stick pan and fry the onions for 5 mins or until softened. Stir in the peppers, aubergine, courgettes and garlic, and cook, stirring, for a few mins. Tip in the tomatoes and 1 can of water, then stir in the bouillon, thyme and basil stalks. Cover and simmer for 20 mins or until tender. Stir through the basil leaves.

2 Meanwhile, rub the pork with the garlic, then scatter with the thyme and some black pepper, patting it so it sticks all over. Heat the oil in a

non-stick frying pan and cook the pork for about 12 mins, turning frequently so it browns on all sides, until tender but still moist. Cover and rest for 5 mins.

3 Slice the two cuts of pork and serve with half the ratatouille and some brown rice or new potatoes and some extra thyme. Chill the leftover ratatouille and keep to use with the Ratatouille pasta salad with rocket lunch (p15).

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 5 of 5-a-day

PER SERVING 337 kcal • fat 11g • saturates 3g • carbs 17g • sugars 15g • fibre 9g • protein 39g • salt 0.3g

gf tip

This ratatouille is so useful, it's well worth making and freezing for other meals 'off plan'.





Balsamic beef with beetroot & rocket

Red meat is rich in B vitamins and iron which fuel your energy levels. Buy the best quality you can afford. Using techniques like marinating helps tenderise the meat, making it easier for your body to digest.

SERVES 2 PREP 15 mins
COOK 25 mins EASY

240g lean beef sirloin, fat trimmed
1 tbsp balsamic vinegar
2 tsp thyme leaves
2 garlic cloves, 1 finely grated, 1 sliced
2 tsp rapeseed oil
2 red onions, halved and sliced

175g fine beans, trimmed
2 cooked beetroots, halved and cut into wedges
6 pitted Kalamata olives, quartered
2 handfuls rocket

1 Beat the steak with a rolling pin until it is about the thickness of two £1 coins, then cut into two equal pieces. In a bowl, mix the balsamic, thyme, grated garlic, half the oil and a grinding of black pepper. Place the steaks in the marinade and set aside.
2 Heat the remaining 1 tsp oil in a large non-stick frying pan, and fry the onions and garlic for 8-10 mins, stirring frequently, until soft and starting to brown. Meanwhile,

steam the beans for 4-6 mins or until just tender.

3 Push the onion mixture to one side in the pan. Lift the steaks from the bowl, shake off any excess marinade, and sear in the pan for 2½-3 mins, turning once, until cooked but still a little pink inside. Pile the beans onto plates and place the steaks on top. Add the beetroot wedges, olives and remaining marinade to the pan and cook briefly to heat through, then spoon on top and around the steaks. Add the rocket and serve.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • 3 of 5-a-day • gluten free
PER SERVING 284 kcals • fat 9g • saturates 3g • carbs 19g • sugars 15g • fibre 9g • protein 27g • salt 0.6g

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Hidden health benefits

We reveal the health-boosting benefits of delicious ingredients you'll find in our diet-friendly recipes



Blueberries

Blueberries are rich in anthocyanins, which various studies have

linked to increased longevity, cardiovascular health, cancer prevention and improved memory. Blueberries are also high in vitamin C, which helps protect cells and aids the absorption of iron, plus they contain soluble fibre – beneficial to the digestive system.

• Enjoy blueberries in our **peanut butter berry crisp on p60**



Eggs

Eggs contain the antioxidants, lutein and zeaxanthin, which help protect the eyes from age-

related macular degeneration. They are an excellent source of B vitamins and a compound called choline which supports memory – in fact a protein-rich breakfast including eggs is thought to boost brain function during the day. Being one of the few food sources of vitamin D, eggs make a valuable contribution to a balanced diet. They're also rich in the mineral phosphorus which, along-with vitamin D helps ensure strong, healthy bones and teeth.

• Enjoy eggs in our **asparagus omelette on p24**



Beetroot

Beetroot's deep purple colour comes from a chemical called betalain, which has antioxidant

and anti-inflammatory properties. Weight for weight, beetroot is also

a good source of the vitamin folate and minerals iron, manganese and potassium. They're also nitrate-rich, and studies have linked beetroot to lower blood pressure and improved athletic performance.

• Enjoy beetroot in our **balsamic beef with beetroot & rocket on p35**



Avocado

Just half an avocado counts as 1 portion of your 5-a-day and they're a

great source of heart-friendly monounsaturated fat, vitamin E and the mineral, potassium. The majority of the nutrients are found in the darker green flesh near the skin, so be sure to make the most of this. However, avocados are high in calories due to the fat content, so be aware of this if you are aiming to lose weight.

• Enjoy avocado in our **cod with cucumber, avocado & mango salsa salad on p31**



Miso

Miso is rich in essential minerals such as copper, manganese and zinc, and it is a

good source of various B vitamins, including folate. As a fermented food, miso provides the gut with beneficial bacteria that can promote good gut health, known to be linked to our overall wellness.

• Enjoy miso in our **miso burgers with mint & pomegranate slaw on p33**



Find more information on the health benefits of your favourite foods at bbcgoodfoodme.com

6 simple ways to boost your health

Go the extra mile and make this week really count with nutritional therapist Kerry Torrens' top tips for getting the most from your food....

- 1 GO GREEN** Swap one of your daily cuppas for green tea. Loaded with protective polyphenols, it is said to have a positive effect on your brain and body.
- 2 BOOST GOOD GUT BACTERIA** Add a 75g portion of fermented food, like kimchi or sauerkraut, to your daily diet, as they supply gut-friendly bacteria, vital for healthy digestion and strong immunity. Or try including whole bio yogurt daily, and swap your standard loaf for sourdough instead.
- 3 ADD VITAMIN D** If you've not had much sun this year, boost your intake of vitamin-D-rich foods like oily fish, full-fat dairy and eggs. We need vitamin D for strong bones and teeth, but also to build our resistance against certain diseases, including heart disease, some cancers and even flu.
- 4 SPICE IT UP** Add flavoursome herbs and spices such as chilli, ginger and garlic to your meals. These aid blood flow and are thermogenic, which means they boost your metabolism.
- 5 SNACK SMARTER** Snacks can form part of a healthy, balanced eating plan but choose whole foods like fruits, veg or a thumb-sized piece of cheese. If you opt for unsalted nuts, pistachios are a great choice as they're lower in fat and calories than most other nuts.
- 6 SIT DOWN AND TAKE YOUR TIME** You eat mindfully when you take the time to sit and savour. You'll enjoy it a lot more too!



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INDOOR FAMILY picnic fun

Want to treat the kids to a picnic during the summer holidays, but find it too hot at the park this time of year? Lay out a blanket in the living room and enjoy these recipes in the comfort of your air conditioning

recipes EMILY KERRIGAN [@modernfamilyfood](#) *photographs* WILL HEAP



Infinity sandwich

We call these baguettes 'infinity sandwiches' in our house because the layers of ingredients go on and on. Sometimes all you need is a natty name to get kids enjoying the good stuff, and I've found I can cram lots of fresh veg and flavours into variations of this sandwich and the kids will always love it. This version uses tomato, baby spinach and basil alongside pesto, mozzarella and salami.

SERVES 4 **PREP** 10 mins plus at least 1 hr resting **NO COOK**

1 white or brown baguette
3 tbsp fresh green pesto
1 beef tomato
1 ball mozzarella (about 200g)
2 handfuls baby spinach leaves
handful basil leaves
6 slices salami

1 Slice the baguette in half lengthways and hollow out (save the breadcrumbs to coat some fishfingers). Spread the bottom half with the pesto. Slice the tomato and layer it over the pesto. Slice the mozzarella and add in a layer over the tomato.

2 Finish with layers of spinach and basil, plus the salami, folded in half if necessary to fit the width of the baguette.

3 Wrap in baking parchment, tie with string and pop in the fridge weighted under something heavy (we used a hefty griddle pan). Leave for at least 1 hr (or overnight if you like). The flavours will mingle and the sandwich will flatten down, making it a doddle to cut up without all the ingredients falling out all over your picnic rug.

GOOD TO KNOW calcium

PER SERVING 540 kcals • fat 24g • saturates 11g
• carbs 55g • sugars 4g • fibre 4g • protein 24g
• salt 2.4g





Neapolitan cupcakes, p42



Picnic trail mix

A salty and sweet trail mix that also doubles as a popcorn alternative on family movie night.

MAKES 1 big tin
PREP 20 mins
COOK 15 mins **EASY** V

butter, for the tray	apricot, raisins, dried cranberries
150g mix of your choice of: pumpkin seeds, sunflower seeds, cashews, pecans, pistachios, chopped dried	150g caster sugar
	100g milk or dark chocolate chips
	25g bag mini salted pretzels
	25g bag mini Ritz crackers
	rainbow sprinkles, for dipping

1 Butter a baking tray. Mix together your chosen fruit, seeds and nuts in a medium saucepan. Add the sugar and stir together over a medium heat for 10 mins until the sugar has melted and caramelised. Quickly tip onto the baking tray, press down a little and leave to set (it won't fill the whole tray).

2 Melt the chocolate in a bowl set over a pan of simmering water, then half-dip the mini pretzels and crackers in the chocolate. Half-dip some in the sprinkles, leaving some plain. Place on a wire rack to set as you go along.

3 Once the fruit and nut praline is set, bash it up on the baking tray with a rolling pin to make little clusters. Mix with the chocolate pretzels and crackers and pack in little paper bags.

PER SERVING (45g) 202 kcs • fat 8g • saturates 2g • carbs 29g • sugars 15g • fibre 1g • protein 3g • salt 0.7g



Neapolitan cupcakes

These easy chocolate chip, vanilla and pale pink buttercream iced cakes mimic Neapolitan ice cream and are a perfect little treat.

MAKES 12
PREP 20 mins
COOK 25 mins **EASY**

140g caster sugar	1½ tsp baking powder
40g unsalted butter, at room temperature	120ml milk
1 egg	1 tbsp cocoa powder
¼ tsp vanilla extract	50g chocolate chips
120g plain flour	for the frosting
	250g icing sugar
	100g unsalted butter, at room temperature
	red food colouring

1 Heat oven to 170C/150C fan/gas 3. Line a cupcake tin with cases. Cream the sugar with the butter using an electric whisk, until light and fluffy. Crack in the egg and add the vanilla extract, then whisk to combine. Add half the flour, the baking powder and a pinch of salt, whisk to combine, then add half the milk and whisk briefly again. Repeat to use the remaining flour and milk.

2 Spoon about half the mixture into a separate bowl, add the cocoa and chocolate chips and stir well to combine.

3 Using a teaspoon, divide the chocolate mixture between the 12 cupcake cases. Use a wooden skewer to spread the mixture evenly to the edges. Rinse and dry the teaspoon then repeat with the vanilla layer, taking care not to disturb the chocolate below and spreading to the edges again.

4 Bake for 25 mins. Leave to cool slightly in the tin before turning out onto a wire rack to cool completely.

5 To make the frosting, sift the icing sugar, then combine with the butter using an electric whisk. It will look crumbly initially – persevere and it will come together. Carefully add 1-2 drops of the food colouring and combine to make a pale pink frosting to ice the cakes. When you cut them in half, the coloured layers will be revealed.

PER CUPCAKE 295 kcs • fat 12g • saturates 7g • carbs 43g • sugars 34g • fibre 1g • protein 2g • salt 0.2g



Greek salad muffins

Kefalotiri is a hard Greek cheese similar to parmesan – use if you can find it at the deli. Leave the olives out if your kids don't like them.

MAKES 12 PREP 20 mins 85g polenta
COOK 25 mins EASY ¼ tsp bicarbonate of soda
 1 tbsp rapeseed oil 1 tbsp baking powder
 1 red onion, finely sliced 1 egg
 1 beef tomato 4 tbsp sunflower oil
 2 tbsp pitted black olives (optional) 225ml milk
 100g feta 1 tbsp dried oregano
 115g plain flour 20g parmesan (or kefalotiri), for grating over
 30g wholemeal flour

1 Heat oven to 190C/170C fan/gas 5. Line a muffin tin with cases. Heat the oil in a pan and cook the onion until soft.

2 Quarter the beef tomato, scoop out the seeds and core, then discard and very finely chop the tomato and olives, if using. Crumble the feta into really small crumbs. Set everything aside.

3 Set a sieve over a large mixing bowl. Measure out the flours, polenta, bicarb and baking powder along with 1 tsp salt, decanting directly into the sieve as you go. Use the back of a spoon to press everything through the sieve – there will be some wholemeal flour left over in the sieve at the end – just tip this back into the mixing bowl.

4 Beat the egg in a separate bowl. Measure out the sunflower oil and milk and stir into the egg. Make a well in the flour mixture, tip in the egg mix and stir it together. Fold in the onion, tomato, feta, oregano and olives, if using. Mix well. Spoon the mixture between the muffin cases. Grate over a little cheese and bake for 25 mins. Eat warm or leave to cool and pack in a picnic.

PER MUFFIN 145 kcal • fat 8g • saturates 3g • carbs 13g • sugars 2g • fibre 1g • protein 5g • salt 1.0g

Red berry granola yogurt pots

MAKES 4 PREP 20 mins EASY V

150g strawberries
 4 tbsp Greek yogurt
 4 tbsp quick granola (see right)
for the coulis
 ½ lemon
 150g raspberries
 ½ tbsp honey

for the quick granola

1 tbsp coconut oil
 1 tsp cinnamon
 150g oats
 50g sunflower seeds
 50g pumpkin seeds
 2 tbsp honey

1 To make the coulis, juice the half lemon, then put in a pan with the raspberries and honey. Cook over a gentle heat for a few moments, breaking down with the back of a wooden spoon. Blend to a purée, then push through a sieve and discard the raspberry seeds. Divide between the bottom of four little pots or jars.

2 To make the quick granola, melt the coconut oil, cinnamon and pinch of salt in a medium pan over a gentle heat. Pour in the oats, seeds and honey and stir well to combine. Continue to move around the pan until evenly browned, about 5 mins. Spread out on a baking sheet to cool.

3 While it's cooking, slice up the strawberries and divide between the pots, layering up over the coulis. Spoon 1 tbsp of yogurt on top of each pot. Finish each pot with 1 tbsp of granola sprinkled over (the remaining granola will keep in a jar for a week).

GOOD TO KNOW vit c • 1 of 5-a-day

PER POT 165 kcal • fat 8g • saturates 4g • carbs 15g • sugars 10g • fibre 4g • protein 5g • salt 0.1g



Chicken skewers with tzatziki

Kids love these skewers hot off the griddle for a quick midweek supper, or as part of the indoor picnic fun.

SERVES 8 **PREP 10 mins**
COOK 15 mins **EASY**

4 skinless chicken
breasts

1 lemon

2 tsp oregano

1 garlic clove

1 small yellow pepper

1 small red pepper

wholemeal tortilla

wraps, to serve

baby spinach leaves,
to serve

few sprigs flat-leaf
parsley, to serve

for the tzatziki

$\frac{1}{2}$ cucumber

$\frac{1}{4}$ garlic clove

4 tbsp Greek yogurt

1 tbsp extra virgin
olive oil

you will need

eight bamboo skewers

1 Soak eight bamboo skewers in water. Using sharp kitchen scissors, chop the chicken into small pieces. Pop into a plastic box with a lid. Pare strips of lemon zest from the lemon using a vegetable peeler, then juice the lemon as well. Add both the peel and the juice to the chicken in the box along with the oregano and the garlic, crushed in. Season generously, mix and put in the fridge for 15 mins with the lid on. Deseed and chop the peppers into similar-sized pieces to those of the chicken.

2 Heat a griddle pan to high while you get the chicken out. Discard the lemon zest and thread the chicken onto the skewers, alternating every few bits of chicken with a piece of red pepper followed by a piece of yellow pepper. Griddle for 10 mins, turning halfway.

3 While the skewers are cooking, make the tzatziki. Get a box grater and a bowl. Cut the cucumber into long lengths, discarding the watery seedy core. Grate into the bowl, then grate the $\frac{1}{4}$ garlic clove. Season generously and stir in the Greek yogurt. Drizzle with a little extra virgin olive oil.

4 Serve the skewers hot off the griddle with the dip, or take the chicken and peppers off the skewers, leave to cool and pack into wholemeal wraps spread with a little tzatziki and rolled up with baby spinach and a few picked leaves of parsley.

GOOD TO KNOW healthy • low fat • vit c • gluten free

PER SERVING 137 kcal • fat 5g • saturates 2g • carbs 3g • sugars 3g • fibre 1g
• protein 20g • salt 0.1g



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recipes/collection/family-meal](http://bbcgoodfoodme.com/recipes/collection/family-meal)





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The Chef's Palette

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Fish for friends

This month, **John Torode** gives our sea bass recipe a makeover by steaming the fish in a parcel

recipe JOHN TORODE photograph DAVID MUNNS

It's easy to see why sea bass is so popular – it's such a versatile fish. I think it's at its best steamed with a little ginger and some spring onions. Here, I've kept the flavours of a classic *Good Food* recipe, but drawn inspiration from another version where the fish is wrapped in banana leaves and cooked on the barbecue. I've omitted the banana leaves and parcel-cooked the fish in the oven, making it a fuss-free dinner for friends.

Ginger & soy sea bass parcels

SERVES 4 **PREP 30 mins**

COOK 15 mins **EASY** 

100ml shaohsing rice wine
or dry sherry

100ml light soy sauce

1 small bunch of spring
onions, finely sliced

2 garlic cloves, finely chopped
thumb-sized piece fresh ginger,
finely chopped

4 sea bass fillets, scaled (about
100g each)

3 pak choi, each quartered

1 large carrot, shredded into
fine strips

2 red chillies, 4 spring onions, and
thumb-sized piece ginger, cut
into fine strips, to serve

1 In a jug, mix together the wine or sherry with the soy, spring onions, garlic and ginger, then set aside. Lightly score the skin of each sea bass fillet a couple of times.

2 Lay a square of foil on your work surface with a square of baking parchment the same size on top. Put 3 pak choi quarters just off centre of the paper and top with a quarter of the shredded carrot followed by a sea bass fillet, skin-side up. Spoon over a quarter of the ginger, onion and garlic mixture (don't add the rice wine and soy mixture yet). Fold over the parcel so it becomes a triangle, then, from left to right, begin to seal it by scrunching the edges together. Continue all the way around until there is just a little hole at the end. Pour a quarter of the soy mix through the hole. Scrunch the remaining bit to seal and place on a baking tray. Repeat until all the fish are wrapped, sauced and sealed. *Can be prepared a day ahead and chilled.*

3 Heat oven to 200C/180C fan/gas 6 and cook the fish on the tray for 15 mins. Remove from the oven and divide the parcels between four warmed plates. Let your guests open them up themselves so they get a hit of aromatic steam before they tuck in. Pass around some chilli, spring onion and ginger strips to sprinkle over.

GOOD TO KNOW low cal • 2 of 5-a-day

PER SERVING 341 kcals • fat 15g • saturates 3g • carbs 9g • sugars 8g • fibre 4g • protein 33g • salt 3.8g



Every month, chef and *Good Food* contributing editor John Torode reinvents a popular recipe from our website. He'll be back with a new series of *Celebrity MasterChef* on BBC One this summer. His new series, *John Torode's Korean Food Tour*, starts Monday 17 July on the Good Food Channel. [@JohnTorode1](https://twitter.com/JohnTorode1)



For more of John's recipes, visit
bbcgoodfoodme.com





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Zero waste weekend

Shop on Friday morning, use up all
your ingredients by Saturday night!
Our clever recipes have all the taste
but none of the waste

recipes JANE HORNBY *photographs* PETER CASSIDY

- ✓ Friday brunch
- ✓ Teatime treat
- ✓ Dinner for 4
- ✓ Relaxed Saturday lunch

How it works

We've created a series of dishes for you to cook from just one trip to the shops. Use our list to stock up, then follow our recipes and suggestions for leftovers to see you through until Saturday night. The only things you'll have to throw away are those unavoidable items. Your compost caddy will think you've gone away for the weekend!

You will need to buy

Fruit & veg

- 1 large cauliflower
- 1 butternut squash
- 2 limes
- 1 red chilli (2 if you make the pickle)
- pot of growing rosemary
- 1 small, ripe pineapple
- 3 passion fruits
- 1kg Maris Pipers
- pot of growing thyme
- 2 bunches salad onions
- 50g bag watercress
- 270g pack mixed small tomatoes
- 400g carrots (500g if you make the pickle)
- broad beans
- small pack flat-leaf parsley
- 1 lemon (more for the preserved lemon and lime squeezes)
- 400g bag frozen raspberries
- 400g bag frozen blueberries

Chilled

- 200g pack feta
- 2 x 250g packs unsalted butter
- 500ml whole milk
- 5 large eggs
- 4 fillets sea bass or other white fish
- 100g pot prepared white and brown crabmeat (I used Fifty Fifty)
- Small tub vanilla or coffee ice cream

You may need to buy

- Cumin seeds
- Sweet smoked paprika
- 100g chocolate (70% cocoa solids)
- 45g bar Bournville
- Dry white wine
- Instant espresso coffee powder
- 2 onions

From your storecupboard

- Olive or vegetable oil
- Extra virgin olive oil (or rapeseed oil)
- Soy sauce
- Golden caster sugar
- Self-raising flour
- Flaky sea salt
- White wine vinegar
- Wholegrain mustard
- 2 vanilla pods or vanilla extract
- Icing sugar
- Plain flour
- Golden syrup
- Cornflour
- Porridge oats
- Crunchy peanut butter
- Frozen peas
- Vegetable or chicken stock
- 2 garlic bulbs

Friday Brunch

Smoky roasted veg, marinated feta & lime

This brunch takes a while to prep, but there's little hands-on cooking time.

SERVES 4 PREP 20 mins

COOK 55 mins EASY V

- 1 large cauliflower (800g-1kg)
- 1 small butternut squash
- 2 tbsp olive or vegetable oil, plus 1 tsp
- 1 tbsp sweet smoked paprika
- 1 tbsp whole cumin seeds, crushed
- 1 tsp soy sauce
- 1 lime, juiced (see below right for how to use up the lime skin)
- For the feta**
- 4 tbsp olive oil (extra virgin ideally)
- 1 red chilli, thinly sliced
- 1 garlic clove, lightly bashed
- 2 rosemary sprigs
- 200g pack feta, drained

1 Heat oven to 200C/180C fan/gas 6. Break the cauliflower into florets. Trim then chop the thick stem into small chunks and keep any leaves. Halve the squash lengthways, scrape out and keep the seeds, then cut the flesh into 5mm half moons. Put the veg in a roasting tin with 2 tbsp oil, the spices and some seasoning, then rub

with your hands to coat. Roast for 45 mins, turning the veg a few times, until golden and tender. Add the leaves (large ones shredded) halfway through. **2** For the feta, pour the oil into a pan, add the chilli, garlic, rosemary and some pepper and heat for 5 mins. Put the feta in a dish, and pour the oil and aromatics over it. Leave at room temperature while you finish cooking, basting regularly so it soaks up the oil. **3** Rinse the squash seeds in a sieve, shake off as much water as you can, then toss with 1 tsp oil in a roasting tin. **4** Take out the veg and reduce oven to 180C/160C fan/gas 4. Roast the seeds for 5 mins, splash with soy, then cook until dark and crisp, about 5 mins more. **5** Put the veg on a platter and douse with lime juice. Sit the feta on top, spoon the oil around and sprinkle with the seeds. Serve with crusty bread or flatbreads.

GOOD TO KNOW calcium • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 422 kcal • fat 29g • saturates 10g • carbs 21g • sugars 13g • fibre 8g • protein 15g • salt 1.5g

To use up the citrus peel... make preserved lemon & lime squeezes, below.



Preserved lemon & lime squeezes

This is a canny way to make the most of leftover wedges and skins from the brunch recipe and the lamb recipe on p59. You only cook with the rinds of preserved lemons, so as long as you add some juice from a couple of whole fruits, it doesn't matter that they are already squeezed.

MAKES 2 litres PREP 5 mins COOK 2 hrs EASY V

Juice **2 whole lemons or limes** and keep the juice, skins and pulp. Cut all the fruit you're using into equal-sized chunks. Layer the lemon and lime pieces in a with **75g flaky sea salt** in a sterilised 500g jar (see p112). Pour in the juice to cover the shells, adding a few tbsp boiled cooled water to top up if needed. Press down well to remove any trapped air. Seal, shake, then add more salt if needed as some dissolves into the juice.

Mature in the fridge for a least 1 month, shaking every day for the first week, then every few days after that. The preserved lemons and limes are ready when the white pith has turned translucent. Use only the rind part of the fruit when you cook.



Teatime treat

Pineapple passion bundt

The secret to baking with pineapple without ending up with a soggy cake is to roast it to evaporate some juice and boost the flavour. You can use the trimmings in a refreshing drink (see p50), and can plant the leafy top.

**SERVES 16 PREP 15 mins plus cooling
COOK 1 hr 15 mins EASY** ✱

For the sponge

1 small, ripe pineapple (300g pineapple after trimmings)
250g unsalted butter, softened
350g self-raising flour, plus 1 tbsp
100ml whole milk
seeds and juice of 2 passion fruits
250g golden caster sugar

4 large eggs, at room temperature
seeds from 1 vanilla pod, or
1 tsp vanilla extract

For the icing

100g icing sugar
seeds and juice of 1 passion fruit
2-3 tsp whole milk

- 1 Heat oven to 180C/160C fan/gas 4. Top and tail the pineapple, then use a serrated knife to cut away the skin. Cut the flesh into eight wedges and remove the central core from each wedge. Slice the pineapple into small pieces about the thickness of a £1 coin, then roast on a baking tray for 20 mins until drier and golden. Leave to cool.
- 2 Rub 1 tbsp of the butter around the inside of a 25cm bundt tin. Sprinkle in 1 tbsp flour, then turn the pan on its side and roll it, tapping gently, to move the flour around and coat the butter. Tap out any excess.
- 3 Mix the milk with the passion fruit and set aside for a few mins – the acidity of the juice will sour the milk

- a little. With electric beaters, beat together the rest of the butter and the sugar in a bowl until light and fluffy. Add the flour, milk and passion fruit mixture, eggs, vanilla and $\frac{1}{4}$ tsp salt. Beat briefly until creamy and smooth, then fold in the pineapple pieces. Spoon the mix into the tin and level the top.
- 4 Bake the bundt for 50-55 mins until risen, golden and a skewer inserted into the deepest part of the cake comes out clean. Sit the tin on a cooling rack until the cake is barely warm.
 - 5 Sift the icing sugar into a large bowl, then make a well in the middle and slowly mix in the passion fruit and milk to make a smooth, flowing glaze. Turn the cake onto a plate, brush with the glaze and leave to cool and set.

PER SERVING 327 kcal • fat 15g • saturates 9g •
carbs 42g • sugars 25g • fibre 2g • protein 5g • salt 0.3g

To use up the pineapple skins and vanilla pods...
make golden pineapple & vanilla iced tea, p56.



Dinner for 4

Grilled sea bass, crisp potato skins & crab butter

Delicate fish eaten with the skin on, and potato skin chips so crisp they rustle in the pan – zero-waste eating can be seriously tasty when you choose your ingredients wisely.

SERVES 4 PREP 30 mins

COOK 40 mins EASY

For the potatoes

1kg Maris Piper potatoes (you will use these on Saturday too)

2 tbsp vegetable oil

handful thyme sprigs, plus a few leaves to serve

good sprinkle of flaky sea salt

For the sea bass

1 salad onion, white part finely chopped (see p58 and right for what to do with the rest)

2 tbsp white wine vinegar

4 sea bass fillets (or another fish from the counter that can be eaten with its skin on), descaled

50g butter, softened

100g pot prepared white and brown crabmeat (we used Fifty Fifty)

olive oil

1 Heat oven to 180C/160C fan/gas 4. Cut the ends from the potatoes and keep. Cut the peel and 1cm flesh from the potatoes, leaving blocky barrels of potato behind (you need 500g of skins today and 500g potato tomorrow). On a shallow baking tray, massage the skins and potato ends with the oil, salt and thyme sprigs. Roast for 30 mins, turning halfway through, until tender and starting to crisp. Set aside until later.

2 Simmer the salad onion with the vinegar until reduced to 1 tsp or so. Strain the vinegar into the butter (keep the onion), add the crab and some seasoning, and mash well. Chill until needed.

3 Heat grill to high – make sure it's really hot before you cook the fish. Slash the skin of each fillet three times and season. Put the potatoes under the grill for 2 mins or until hot and starting to crisp again, then lay the fish fillets on top. (If your grill doesn't go very high, fry your fillets, skin-side down, in a non-stick frying pan to crisp it up before putting them on top of your potatoes.) Pour olive oil over the fish, and grill for 4 mins or until opaque with the skin crisping.

4 Dollop $\frac{1}{4}$ of the crab butter onto each fillet, then grill for 1 min until the butter begins to melt. Using a fish slice, transfer the fish to warmed plates to serve, with the potato skins, a few thyme leaves and the charred onion & tomato salad (right).

GOOD TO KNOW fibre • gluten free

PER SERVING 635 kcs • fat 29g • saturates 10g • carbs 48g • sugars 2g • fibre 10g • protein 40g • salt 1.5g

To use up the potatoes... make the pan-fried potato gnocchi, p58.



Peeled potatoes will turn black if you leave them out and exposed. Rub with a little vinegar or lemon juice, then put them in a bag and squeeze out the air.

Charred onion & tomato salad

Unlike normal spring onions, chunky salad onions don't need their outer leaves stripped (zero waste – tick) and won't wilt once cooked. Leave the roots on if there are any – they're edible and add interest to the dish.

SERVES 4 PREP 10 mins

COOK 10 mins EASY

2 bunches salad onions, trimmed, roots and green parts reserved for Sunday

270g pack mixed small tomatoes, halved

50g bag watercress

For the dressing

leftover steeped onion from the sea bass recipe (left)

2 tsp white wine vinegar

2 tbsp extra virgin olive oil

$\frac{1}{2}$ tsp wholegrain or Dijon mustard
good pinch of golden caster sugar

1 Heat a non-stick frying pan until very hot. Cut the salad onions in half lengthways and cook for about $2\frac{1}{2}$ mins each side, cut-side first, until charred and tender. Transfer to a plate while you prepare the rest of the salad.

2 Cook the tomatoes, cut-side down, for 30 secs-1 min until just softened and caramelised, then set aside with the onions.

3 To make the dressing, put all the ingredients into a jar with some seasoning and shake well. When ready to serve, pile the watercress, onions and tomatoes onto a platter. Give the dressing a quick shake, then drizzle it all over the salad.

GOOD TO KNOW healthy • vegan • vit c •

2 of 5-a-day • gluten free

PER SERVING 81 kcs • fat 6g • saturates 1g •

carbs 4g • sugars 4g • fibre 2g • protein 2g • salt 0.1g

To use up the salad onions... make braised lamb with spring veg & gremolata, p58.



Charred onion
& tomato salad, p53



Grilled sea bass,
crisp potato skins
& crab butter, p53



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Golden pineapple & vanilla iced tea

Easy to make and full of good things. You'll never chuck a pineapple into your compost bin again.

MAKES 2-3 glasses **PREP** 5 mins plus steeping and chilling **COOK** 30 mins **EASY**

Chop the skin and core left over from the **small pineapple** used in the cake (p47), plus **1 scraped vanilla pod** and put in a pan. Add 600ml water or just enough to cover the fruit and vanilla. Bring to the boil, then cover and simmer for 30 mins, after which the pineapple will be soft and the liquid reduced. Remove from the heat, add **1 English Breakfast tea bag**, then steep for 5 mins, or longer if you like. Strain, then sweeten with **1 tbsp golden syrup**. Cool, then serve over ice. *Will keep in the fridge for up to three days.*



Homemade vanilla extract

Here's another use for those empty vanilla pods, and a real money-saver if you bake often.

Roughly chop **4 scraped vanilla pods** and pack into a smallish jar or bottle. Fill with alcohol, about 40% proof (I used **100ml white rum** to four pods; **vodka** would also be good), and seal well. Shake daily. The extract is strong enough to use after just one week, but will benefit from a month of steeping. Store in a cool, dark place.

Espresso mud cakes, chocolate syrup & ice cream

If you like to finish your meal with coffee and dessert, then these little puds have your name on them.

SERVES 4 **PREP** 15 mins
COOK 10 mins **EASY** ✳ uncooked

50g unsalted butter, softened, plus extra for the tin
2 tsp espresso powder, dissolved in 2 tsp hot water, plus extra for the tin
100g chocolate (70% cocoa solids), broken into squares
45g Bournville bar, broken into squares
50g golden caster sugar, plus 1 tbsp
1 large egg, separated
seeds from ½ a vanilla pod, or ½ tsp vanilla extract
4 tbsp plain flour, sifted
4 tbsp golden syrup
coffee or vanilla ice cream, to serve

- 1 Heat oven to 180C/160C fan/gas 4. Butter four wells of a muffin tin, and sprinkle some espresso powder into each.
- 2 In a pan, gently melt half of each of the chocolates with the butter until smooth. Stir in 50g sugar, then take off the heat and cool for a few mins. Stir in the coffee, egg yolk, vanilla and flour until even.
- 3 Beat the egg whites with an electric beaters or a balloon whisk until foamy and thickened. Add 1 tbsp sugar and whisk until it forms shiny soft peaks. Take care not to overwhisk – softer is better if you're not sure.
- 4 Stir about ⅓ of the egg whites into the chocolate batter to loosen, then carefully fold in the rest of the whites using a large metal spoon or a spatula.
- 5 Spoon into the prepared tin, then bake for 10-12 mins or until the cakes are just starting to dome in the middle. Cool the cakes in the tin for 15 mins. In a small pan, melt the remaining chocolates and golden syrup together with 3 tbsp hot water, and whisk until silky smooth. Turn out the cakes and serve warm in a puddle of the syrup and topped with ice cream.

PER SERVING 525 kcal • fat 26g • saturates 15g • carbs 64g • sugars 45g • fibre 4g • protein 7g • salt 0.2g



Saturday **Relaxed lunch**

Braised lamb with spring veg & gremolata

This can be made a day ahead to the end of step 2, leaving you more time to relax.

SERVES 4 **PREP** 30 mins plus marinating
COOK 3½ hrs **EASY** 

4 lamb shanks
1 tbsp chopped rosemary
2 tbsp olive oil
400g medium carrots, scrubbed and halved lengthways
1 garlic bulb, broken into cloves
greens from 2 bunches salad onions, washed and shredded
150ml dry white wine
600ml chicken or lamb stock
140g frozen peas (or podded broad beans)
25g pack flat-leaf parsley, leaves finely chopped, stems reserved
1 lemon, zested then cut into wedges

1 Make several slashes about 1cm deep in each shank, then put them in a large roasting tin. Rub the rosemary, oil and seasoning into the meat. Leave to marinate for 30 mins if you have time. Heat oven to 220C/fan 200C/gas 7.

2 Brown the lamb shanks in the oven for 20 mins, turning halfway. Add the carrots and all but one of the garlic cloves, turn them in some of the fat in the pan, then roast for 5 mins more. Pour in the wine and stock (make sure the carrots aren't too submerged), then cover the tin tightly with foil. Reduce the oven to 160C/140C fan/gas 3 and cook for 2½ hrs or until the shanks are meltingly tender.

3 Chop the parsley, lemon zest and the remaining garlic clove and mix to make the gremolata. Cover and chill until ready to serve.


4 Lift the shanks and carrots from their broth, cover and keep warm. Skim most of the fat from the sauce, then boil the sauce hard for 10 mins in a pan to reduce it by half. Check the seasoning and add the peas and the onion greens for the last few mins.

5 To serve, return the shanks and carrots to the tin, pour over the sauce scatter with the gremolata and squeeze over some lemon juice, if you like.

GOOD TO KNOW fibre • vit c • iron • 2 of 5-a-day
PER SERVING 590 kcs • fat 36g • saturates 15g •
carbs 13g • sugars 10g • fibre 7g • protein 42g • salt 0.5g

Pan-fried potato gnocchi

Boiling then cooling homemade gnocchi a day ahead makes it easy for you to pace the cooking. Pan-fry them to a crisp just before you eat.

SERVES 4 as a side **PREP** 30 mins
COOK 20 mins **EASY** 

500g Maris Piper potatoes (left over from Friday), cut into even-sized pieces
1 large egg, beaten
125g plain flour, plus plenty of extra for shaping
splash of olive oil
knob of butter, for frying
few rosemary leaves, optional

1 Steam the potatoes for 15-20 mins until tender. Mash well, ideally with a ricer, which will give fluffier gnocchi. Add the egg and some seasoning, mix briefly with a fork, then sift over the flour and bring together to make dough. It should feel dry to the touch but not crumbly. Add more flour if needed, then knead a few times on a floured work surface.

2 Bring a large pan of water to the boil. Split the dough into tennis-ball-sized pieces, then roll into finger-width ropes. Dust with a little flour, then cut into bite-sized pieces. Boil in batches for about 1 min or until they bob to the surface. Lift from the pan with a slotted spoon and leave to cool in a single layer on a large plate or tray. Drizzle the oil over the cooled gnocchi and toss gently with your hands to coat.

3 When ready to serve, heat the butter in a frying pan, add the rosemary (if using), then fry the gnocchi in a few batches until crisp and golden. Keep warm and serve with the lamb.

PER SERVING 293 kcs • fat 6g • saturates 2g •
carbs 50g • sugars 2g • fibre 3g • protein 8g • salt 0.8g



Use-it-all-up stock


This easy stock isn't overly strong, but certainly beats a cube or powder.

MAKES 2 litres **PREP** 5 mins **COOK** 2 hrs **EASY** 

Put the **shank bones**, any **leftover scraps**, **tomato stalks and tops**, **parsley stalks**, a **few thyme sprigs**, the **ends of the salad onions**, a **few peppercorns** and a **chopped carrot** into a large pan. Cover everything with cold water, bring to the boil, then simmer for 2 hrs, skimming away any froth now and again. Strain, then boil until reduced by one third.

Lime & carrot chilli pickle

This is an unconventional take on a classic Indian condiment, but after making the other recipes, the only extra you'll need is a chilli. Great with curries or cold meats.

MAKES 1 small jar **PREP** 20 mins plus soaking and 2 days resting
COOK 45-50 mins **EASY** 

Save the **lime skins and wedges** from the roasted veg and lamb recipes. Chop into small pieces and sprinkle with **2 tbsp flaky sea salt**. Set aside for 2 days, then drain and discard the liquid, and rinse the limes well.

Heat **2 tbsp vegetable oil** in a pan. Add **1 tbsp cumin seeds**, **3 sliced garlic cloves**, a **chopped chilli** and **1 tbsp wholegrain mustard**, and fry for 2 mins. Tip in the limes, **100g carrot** in small chunks, **100ml white wine vinegar** and **200g golden caster sugar**, and let the sugar melt (add water to cover if needed). Simmer for 40 mins until the limes are soft and the pickle is thick and dark. Store in a sealed sterilised jar. Mellow for at least one month in a cool, dark place.



Peanut butter berry crisp

Using crunchy peanut butter in place of some of the fat in this American-style crumble works on many levels. Serve with pouring or clotted cream.

SERVES 4 **PREP** 10 mins
COOK 30-35 mins **EASY** ✨

For the filling

400g bag frozen blueberries
1 tbsp cornflour
2 tbsp golden caster sugar
400g bag frozen raspberries

For the topping

100g plain flour
50g porridge oats (not the chunky ones)
50g golden caster sugar
85g crunchy peanut butter
50g unsalted butter, melted
pouring or clotted cream, to serve

1 Heat oven to 180C/160C fan/gas 4. Put the blueberries, cornflour and sugar in a pan and heat for 5 mins until the berries have defrosted and their juices are starting to simmer and thicken. Stir in the raspberries, bring to a gentle simmer, then tip the fruit into a baking dish, about 20 x 25cm.
2 For the topping, mix the flour, oats, sugar and a pinch of salt in a large bowl. Rub in the peanut butter using your fingers until the mixture looks like fine crumbs. Pour the melted butter over, and work everything to a lumpy mix with your fingers, ensuring there are no dry crumbs left. Scatter over the fruit, then bake for 25-30 mins until golden and crisp and the fruit is bubbling at the edges. Leave for 5 mins before serving with pouring or clotted cream.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day

PER SERVING 563 kcals • fat 24g • saturates 9g • carbs 70g • sugars 34g • fibre 10g • protein 12g • salt 0.2g



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BBC chefs

Flavours of the East

Asian-inspired recipes from two BBC favourites – Rick Stein's spicy
Cambodian salad and Jason Atherton's fall-off-the-bone beef ribs

photographs WILL HEAP and PETER CASSIDY



A few years ago, when I was in Cambodia filming the BBC's *Far Eastern Odyssey*, I watched this being made in the village of Kompong Khleang – a village built on stilts by a lake, near the temples of Siem Reap. It's a salad of smoked mackerel, mango and lime juice, with a lovely crunchy texture from the addition of roasted peanuts and chilli.

In the series, it was cooked by our guide's aunt, but it's so good that I've put it on the menu at my new restaurant, Rick Stein, Barnes.

Spicy green mango salad with smoked fish

SERVES 2 as a main course or 4 as a starter **PREP** 20 mins **COOK** 5 mins
MORE EFFORT

4 smoked mackerel fillets
vegetable oil, for deep-frying
1 green mango
1 large carrot
30g shallots, very thinly sliced
1 red bird's-eye chilli, finely chopped
25g roasted peanuts, roughly chopped
2 tsp palm sugar
1 tbsp fish sauce
1 tbsp lime juice
15g Thai basil, roughly chopped

1 Skin the smoked mackerel fillets and break the meat into small flakes. Pour the oil into a frying pan to a depth of 2cm and heat to 190C (or until a small piece of bread browns in 20 secs). Sprinkle the fish pieces into the oil and deep-fry for 1 min or until crispy. It will probably all stick together at this point, but don't worry. Lift the fish out onto lots of kitchen paper, leave to cool, then break up into pieces again.

2 Peel the mango and carrot, then shred both (using a mandolin or shredder) into strips. Put the mango, carrot, shallots, chilli, peanuts and fish pieces in a large bowl and toss together. Mix the sugar with the fish sauce and lime juice (you can add more or less than 1 tbsp, depending on the tartness of the mango). Add to the salad with the Thai basil and toss together again. Pile into the centre of two medium-sized plates – or four small plates if serving as a starter – and serve immediately.

GOOD TO KNOW vit c • omega-3 • 1 of 5-a-day
PER SERVING (4) 438 kcs • fat 33g • saturates 6g • carbs 10g • sugars 6g • fibre 3g • protein 24g • salt 2.8g







After working as executive head chef at Gordon Ramsay's Maze, Jason Atherton set up his own restaurant group, The Social Company, in 2010. He opened flagship restaurant Pollen Street Social in 2011, which gained a Michelin star after six months. Since then he has opened a number of acclaimed restaurants, including Marina Social in Dubai Marina. This recipe is from his new London restaurant in the City, Temple and Sons (templeandsons.co.uk).

Braised short ribs, spring onion & coriander

SERVES 6 **PREP 30 mins** **COOK 4 hrs 30 mins** **MORE EFFORT** 🍴

1 rack beef short ribs
400ml red wine

For the spice mix

2 tsp smoked paprika
1 tbsp light brown soft sugar
1 tsp each garlic powder, onion powder, ground black pepper and chilli powder

For the barbecue sauce

thumb-sized piece ginger, sliced
2 spring onions, sliced
½ red onion, sliced

25g light brown soft sugar
50ml red wine vinegar
25g French mustard
175g each tomato ketchup and brown sauce

To serve

½ small pack coriander, leaves picked and chopped
2 spring onions, thinly sliced
2 jalapeño or large green chillies, thinly sliced
1 tbsp toasted sesame seeds
1 lime, thinly sliced

1 Heat oven to 140C/120C fan/gas 1. Stir together the ingredients for the spice mix with 1 tsp fine salt. Rub the spice mix all over the ribs, put in a roasting tin and pour over the wine. Cover with foil and cook in the oven. Cook for 4 hrs.

2 Meanwhile, make the barbecue sauce. Fry the ginger, spring onions and red onion for about 10 mins. Add all the other ingredients and bring to a simmer, then blitz into a smooth sauce using a stick blender.

3 Remove the ribs from the oven and strain off the liquid. At this point, you can cover and leave the ribs overnight, keeping the wine separate in the fridge to be skimmed in the morning. If cooking immediately, skim the fat from the liquid. Turn oven up to 180C/160C fan/gas 6. Keep the ribs covered and reduce the liquid on the hob for 5-10 mins, then whisk in the barbecue sauce.

4 Brush the ribs all over with the barbecue glaze (you will have some remaining to serve alongside the ribs later), then return to the oven for 15 mins.

5 Serve scattered with the coriander, spring onions, chillies and sesame seeds.

GOOD TO KNOW iron

PER SERVING 681 kcal • fat 48g • saturates 20g • carbs 23g • sugars 22g • fibre 2g • protein 26g • salt 2.3g



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FROZEN FANCIES

Fall in love with ice cream all over again with these beautifully cool desserts, which can be created using homemade or shop-bought ice cream

Recipes CASSIE BEST *Photographs* PETER CASSIDY



Make
and
freeze
ahead

Double choc & pistachio ice cream sandwiches, p68



Double choc & pistachio ice cream sandwiches

MAKES 8 sandwiches with a little ice cream left over **PREP** 45 mins plus freezing and cooling **COOK** 30 mins **A LITTLE EFFORT**

100g bar white chocolate, chopped
100g/4oz pistachios, chopped
FOR THE PISTACHIO ICE CREAM
100g/4oz pistachios
200g/7oz golden caster sugar
2 medium eggs, plus 2 yolks
400ml/14fl oz whole milk
300ml pot double cream
1 tsp vanilla or pistachio extract (optional)

FOR THE COOKIES

175g/6oz salted butter, softened
200g/7oz light muscovado sugar
100g/4oz golden caster sugar
1 tsp vanilla extract
1 large egg
200g/7oz plain flour
50g/2oz cocoa powder
½ tsp bicarbonate of soda
100g/4oz dark chocolate, chopped

1 First make the ice cream. Put the pistachios and sugar in a food processor, and blend until finely chopped but with a little texture. Add the eggs and milk, and briefly blend again until combined. Pour the mixture into a saucepan and cook over a low-medium heat, stirring continuously, until thickened, taking care to not overcook the eggs and scramble the custard. Pour the thickened mixture into a bowl and stand it in a sink of ice-cold water to cool, stirring every now and then. Meanwhile, very softly whip the cream and extract (if using). Once cooled, stir the pistachio custard through the cream. Scrape into an ice cream machine and churn until icy, then scrape into a 20 x 30cm container, smooth the surface and put in the freezer for 2 hrs until frozen.

2 Now make the chocolate cookies. Heat oven to 190C/170C fan/gas 5. Line 2 large baking trays with baking parchment. Put the butter, sugars and vanilla in a bowl, and beat until smooth and creamy. Add the

egg and beat again, then stir through the flour, cocoa, bicarbonate and chocolate. Scoop 16 golf-ball-sized mounds onto the baking trays, leaving plenty of space between each one, as they will spread when baked. (If your trays are small, you may only fit 6 on each, so you will have to do this in batches.) Bake for 15-17 mins, swapping the trays over halfway through baking – the cookies should still be quite soft when removed from the oven. Leave to cool on the trays. Can be baked up to 1 day ahead – simply cover the trays with cling film overnight.

3 Line 2 large baking trays with baking parchment and make space for them in your freezer. Put the white chocolate in a bowl suspended over a pan of barely simmering water and leave to gently melt, stirring now and then – or melt in 20-sec blasts in the microwave. Remove the ice cream from the freezer and cut out 8 x 7cm circular pieces using a cookie cutter (a little smaller than the cookies). Ease out with a cutlery or palette knife and sandwich each between 2 cookies. Working quickly, drizzle the melted chocolate over the cookies, then sprinkle with chopped pistachios. Return to the freezer for 30 mins to firm up before serving. Will keep in the freezer for up to 2 weeks. Any leftover ice cream can be scooped into a processor while still frozen, blitzed, transferred back to a container and refrozen. Will keep for 1 month.

GOOD TO KNOW freezable

PER SANDWICH 970 kcals • protein 15g • carbs 93g • fat 58g • sat fat 30g • fibre 6g • sugar 71g • salt 0.8g

Frozen raspberry honeycomb pie

SERVES 12 **PREP** 30 mins plus chilling **COOK** 5 mins **EASY**

250g pack caramel biscuits, such as Lotus or Speculoos
85g/3oz butter, melted
500g tub vanilla ice cream
400g/14oz raspberries
140g/5oz Honeycomb (see recipe, right), broken up
150ml pot double cream
100g/4oz muscovado sugar
75g/2½oz butter

1 Put the caramel biscuits in a food processor and blitz to crumbs. Add the melted butter and blitz again until well combined. Use the biscuit crumbs to line a deep 22cm fluted tart tin, pressing the crumbs into the base and up the sides with the back of a spoon until really compact. Chill for 30 mins while you prepare the filling.

2 Remove the ice cream from the

freezer 20 mins before you're ready to use it. Tip the raspberries into a bowl, reserving a handful, and lightly crush about half with the back of a fork until juicy. Once the ice cream has softened, tip into another bowl and mash with the back of a spoon until pliable but not totally defrosted. Add the raspberries and half the Honeycomb (see right), then ripple together.

3 Remove the tart case from the fridge and tip the raspberry ice cream mixture into the centre, smoothing out to the edges. Top with the reserved raspberries and honeycomb, pushing them down into the ice cream layer a little, then freeze for 4 hrs until frozen solid.

4 To make a caramel sauce, put the cream, sugar and butter in a saucepan with a good pinch of salt, and bring to a simmer. Bubble for 5 mins until it's the consistency of caramel, then cool for 2 mins before serving with slices of the pie. Will keep for 1 week.

GOOD TO KNOW freezable

PER SERVING 411 kcals • protein 4g • carbs 40g • fat 27g • sat fat 16g • fibre 2g • sugar 35g • salt 0.3g

Honeycomb

MAKES about 250g/9oz **PREP** 5 mins plus cooling **COOK** 5 mins **EASY**

This recipe makes more than you will need for the pie, but it's quite difficult to make a smaller quantity than this! Leftovers will keep in a sealed container for up to a month, or dip pieces in melted chocolate and leave to set.

Grease a large baking tray with oil. Mix 200g golden caster sugar and 5 tbsp golden syrup in a wide saucepan. Place over a medium heat and leave until dissolved and bubbling – don't be tempted to stir or the sugar will crystallise. Turn up the heat and bubble for a few more mins until a rich toffee-brown colour. Add 2 tsp bicarbonate of soda and quickly stir together – watch out, it will bubble up and be extremely hot. Pour onto your prepared baking tray and leave for 30 mins to cool and firm up.

GOOD TO KNOW low fat

PER SERVING (10) 110 kcals, protein none, carbs 28g, fat 1g, sat fat none, fibre none, sugar 28g, salt 0.3g

Transform a tub of
shop-bought ice cream





The French connection

We look at the role French produce has played in creating many of the country's iconic desserts

Walk along the rue Bonaparte in central Paris, and you will find the Pierre Hermé patisserie shop packed with both locals and tourists eating freshly made vanilla shortbread tarts and its world-famous macaroons. You don't need to visit the capital though, to taste good food in France. In Nice, you'll find Patisserie Chez Maître Pierre serving up some of the best hot fresh croissants for a euro. While in the northern regions of the country tarte tatin, brioche vendéenne and pain d'épices are local specialties to check off the list.

Pâtisseries and boulangeries run like arteries through the country, part of

everyday life, and its culinary legacy. Indeed, it was the French who first coined the word 'dessert' four hundred years ago. Deriving from the longer phrase 'desservir la table' – literally meaning 'to clear the table'.

In fact, in 2010 French cuisine was deemed so integral to the nation's character, that then-President Nicolas Sarkozy successfully lobbied UNESCO to label French food an "intangible world heritage". Defined as a four-course meal "which starts with an apéritif and ends with liqueurs, containing in between at least four successive courses, namely a starter, fish or meat with vegetables, cheese and dessert."

French influence can be seen on menus around the world. But perhaps nowhere more so, than on the dessert menu. Travel to far flung places from Hong Kong to Thailand and the United States, and you are likely to spot more than one or two crème brûlées, eclairs and crepes on the dessert menu.

Speak to any French chef, and they will tell you what sets apart their national desserts. Dairy plays a significant role. In French patisseries, the ratio of butter tends to be two to three times higher, creating the famous 'melt-in-your-mouth' taste. Whereas the durability of French cream lends itself well to the complexity of acid and thickness necessary for the intense seven-hour cooking process often involved in making French desserts.

What makes a great dessert?

Ingredients are king for French dessert chefs. According to chef Nicolas Bacheyre, patisserie chef at Un Dimanche de Paris, in the French capital, the dessert depends on the raw ingredients:

"If you just want to mass-make desserts and you don't care, and you have to think about the cost then go for cheapest thing. But the end result won't be good. The dessert won't be of a high standard. It's not just about technique; it's about the quality of ingredients."

"One of my favourite French creams has a good amount of fat. Just good enough for what you need to make good pastries. It's about the consistency too. When you whip the cream, you know it's going to stay the same all day long."



Other lesser creams, look ok at first, then after an hour start to turn yellow and don't taste as good".

Unlike many countries, the journey from farm to plate is clear in France. It's something that is celebrated each year at the Agricultural Fair in Paris, which attracts around 650,000 annually.

Indeed Sarkozy, one of the country's greatest advocates highlighted this symbiotic relationship when he spoke at the fair in 2008. "Agriculture and the jobs that produce it every day are the source of our country's gastronomic diversity. It is an essential element of our heritage."

Battle of the chefs

Chef Nicolas is so passionate about French ingredients, that he recently led an international French patisserie challenge for ten internationally acclaimed chefs in Singapore. The Crème de Crème event was organised by CNIEL (the French dairy interbranch organisation) and the European Union. The challenge set to the ten chefs was to create a dessert using French dairy ingredients, on the theme of 'blanc de blanc' (white on white). The chefs then had two days to create a dessert using at

"The durability of French cream lends itself well to the intense cooking process in many desserts"

least one shade of white, and one cream texture. Two chefs represented the Middle East at the event. Chef Mayada Badr, who trained at Le Cordon Bleu Paris, and now runs the successful Pink Camel pastry boutique in Saudi Arabia and chef Waddah Bou Saad, who has worked across the region, most recently at La Serre in Dubai.

"As part of the event we had to develop our very own pastry creation within the guidelines set out the name of my dessert, Al Huda, is an Arabic word meaning guidance to the right path and, for me, the colour white, which we had to use as part of the brief,

represents serenity and peacefulness," said chef Mayada.

Meanwhile, Chef Waddah reinvented a traditional black forest dessert, creating a white version for the event. "The White Forest sits on a sablé breton base with layers of chocolate sponge, chocolate cream, mixed berry confit and Morello cherries, finished off with white chocolate vanilla cream."

Other acclaimed chefs at the event included Cheryl Koh owner of pastry boutique Tarte in Singapore and Nicholas Lambert, the pastry chef at the two Michelin star restaurant Caprice in Hong Kong.



Nicolas Bacheyre, executive
pastry chef, Un Dimanche à Paris

Pain perdu with caramel and hazelnuts

SERVES 6 **PREP** 30 min (the salted butter caramel cream needs to be prepared 1 day ahead)
COOK TIME 10 mins

550g brioche
1lt whole milk
3 eggs
5 egg yolks
215g caster sugar
10g vanilla extract
190ml liquid dairy cream
75g butter
3g 'fleur de sel'
7g gelatin cut into pieces
40g milk chocolate
70g mascarpone

1 For the pain perdu preparation, mix the milk, eggs, egg yolks, vanilla extract and 105g of caster sugar together. Soak the brioche in the mixture until the liquid is completely absorbed. Place the

brioche in a round pan and cook for 10 minutes at 180 °C

2 For the salted butter caramel cream, make a caramel with 110g caster sugar. Deglaze with hot dairy cream then add the butter and salt. Take off the heat, add the chocolate and then the gelatin. Mix well, pour on to the mascarpone while stirring delicately. Finish by whisking thoroughly to dissolve the last lumps of mascarpone. Store in the refrigerator at +4 °C for at least 12 hours before use.

3 In a round dish, place a large scoop of your caramel cream and spread out with a spatula. Roll the brioche slices in the sugar and fry them with vanilla butter. As soon as they are caramelized, arrange two slices per plate.

4 Serve with cubes of apples fried in butter, roasted hazelnuts and a quenelle of dairy cream. You can finish with apple chips and vanilla powder.



Mango, passion fruit and coriander pavlova

SERVES 6 **PREP** 1h 30min **COOK TIME** 5 hours

140g mango purée
230g passion fruit purée
115g caster sugar
3ml lemon juice
6g dehydrated egg whites
80g icing sugar
1½ bunches of coriander
1 fresh mango
3 fresh passion fruit
2 tbsp olive oil
50g thick dairy cream
½ vanilla bean

1 Prepare the mango and passion fruit confit by mixing 140g of each fruit purée together and heating them at 60°C. Pour in 35g of caster sugar and bring to a boil, add the lemon juice. Mix well and spread on a flat plate. Store in the freezer. When the mixture is solid, cut 9cm diameter circles and rest in the freezer.

2 For the meringue, whisk together the dehydrated egg whites and 90g passion fruit purée. Gradually add 80g of the caster sugar. Once consistency is smooth, add the icing sugar with a spatula. Set aside a third of the mixture to one side.

3 Using the remaining mixture, use a 10-mm nozzle, and pipe tubes of meringue on to a baking tray. Create neat domes of 6 cm diameter using silicone moulds and heat these preparations at 75°C for 4h. Once ready, cut rough pieces from the tubes and set aside.

4 Use a spatula to attach two domes together with the meringue preparation that you set to one side, then roll them into the rough pieces of baked meringue and leave for 1h at 75°C. Once cooked, use the tip of a

knife to make a small hole, to be able to garnish it later.

5 Place one bunch of the coriander in the oven along with some pieces of meringue. Then mix or grind until obtaining a fine powder.

6 Peel, and cut the mango into small cubes and keep in a bowl, cut open the passion fruits and spoon them on to the mango. Chop finely the remaining ½ bunch of coriander and sprinkle over. Finally add the olive oil. Mix well and keep in the fridge for dressing.

7 Split and scrape the vanilla pod into the thick dairy cream and whip. Keep in the fridge.

8 For the dressing: Place a circle of fruit confit in the center of the plate. Garnish a meringue ball with ¼ of vanilla dairy cream and ¾ of fruits and coriander preparation. Place the ball on the plate so as not to see its opening. Sprinkle the dessert with your coriander powder and add a quenelle of whipped vanilla cream.

La Crème de la Crème 2017 – ‘blanc de blanc’ challenge



The chefs met at 'At-Sunrice GlobalChef Academy' in Singapore on 14th June 2017 for the start of the 'blanc de blanc' challenge.



The chefs got to work, using the colour white and texture of cream for inspiration.



Chef Mayada from Pink Camel in Saudi Arabia working on her al huda dessert



Chef Mayada's finished Al Huda dessert.



The finished product: chef Waddah's white forest cake.



Chef Nicolas started the event with a masterclass using French products.



At the end of the second day, the chefs exhibited their work to the media.



Chef Nicolas Lambert from two Michelin star restaurant Caprice puts the final touches to his pavlova.



The chefs celebrating the end of the challenge.



Chef Waddah makes the finishing touches to his white forest cake.



TEST KITCHEN

THE ULTIMATE CHILLI CON CARNE

SERVES 8 PREP 25 mins
COOK 3 hrs MORE EFFORT

photographs PETER CASSIDY

What: Mexican by name but Texan in origin, chilli con carne translates as chillies with meat. As expats, we've gone from a Bolognese-style in the 80s to Tex-Mex in the 90s to the authentic beef moles and carne guisadas of today.

How: Our recipe has quite a few ingredients, but you can tweak it to fit your tastes. Beans are optional – you wouldn't find them in true chilli, but they add texture. Whole, dried Mexican chillies can be bought in supermarkets. Using chunks of meat instead of mince is a game changer, as are the hints of chocolate and coffee in this recipe.

You will need

2 dried ancho chillies
2 tsp black peppercorns
2 tbsp each cumin seeds and coriander seeds
2 tsp smoked paprika
1 tbsp dried oregano
3 tbsp vegetable oil
1.5kg braising steak, cut into 4cm cubes – meat from the brisket, short rib, blade or chuck steak are all good
2 onions, finely chopped
6 garlic cloves, minced

2 tbsp tomato purée
1 tbsp smooth peanut butter
½ tsp instant espresso powder
2 tbsp apple cider vinegar
1 litre beef or chicken stock
2 bay leaves
small piece of cinnamon stick
2 tbsp semolina, polenta or Mexican masa flour
25g dark chocolate (70-80% cocoa solids)
400g can kidney beans, drained but not rinsed (optional)

ONE PAN

Just like a cowboy cooking over the campfire embers, we've kept it to one pan. This saves on washing up and locks in all the flavours.



THICKENING

The Mexican method of thickening involves whisking masa harina – a finely milled cornmeal – into the dish and simmering for a few minutes. If you can't find it, use semolina flour or polenta flour instead.



FRESH SPICES

Buying fresh, whole spices and toasting and grinding them yourself cranks up the flavour and fragrance.



DRIED CHILLIES

Using dried Mexican chillies adds warmth and smokiness to the dish. Different chillies have different flavour profiles and heat ratings. We've used the fruity ancho chilli, which is the best all-rounder and the easiest to find, but dried chipotle also works well in slow-cooked recipes. Traditionally the chillies are toasted and rehydrated before use, but we've used the chilli to its full capacity by rehydrating it in the sauce and then blitzing it into a no-waste condiment at the end (see tip, above right).



MEAT

Mince might be what you grew up eating, but large chunks of beef make for a better braise and elevate the chilli from a weeknight student supper. Buy the best quality you can afford. Try a nicely marbled cut like brisket or the meat from the short rib – the fat that renders off as it braises adds to the richness of the finished sauce.



CHOCOLATE

Dark chocolate adds a touch of bitterness and a depth of flavour to the sauce.



COFFEE

Good-quality coffee adds a big roasted flavour, and is often used in Texan chillies.

gf tip

When you remove the chillies before serving, toss them into a mini chopper with a splash more oil and blitz to make a chilli oil paste. Serve on the side of your chilli con carne.



BEANS

Life's too short to cook beans from scratch, so opt for canned instead. We've used kidney beans, but not too many of them. You can add more or use black beans if you prefer, or leave out the beans entirely – whatever you like.

SERVE WITH

Crumbled feta, soured cream, sliced jalapeños or green chillies, chopped avocado, red onion and coriander, rice and tortillas

GET AHEAD

With deep, slow-cooked spiced dishes like this, the flavours become more harmonious when made ahead and reheated. This chilli can be made up to three days ahead, chilled and reheated, or frozen for up to six months.

How to make it

1 Heat oven to 140C/120C fan/gas 1. over a high heat. Toast the whole chillies on all sides until you can smell them cooking, then remove and set aside. Keep the pan on the heat and toast the peppercorns, cumin seeds and coriander seeds until they just start to change colour, then grind to a powder using a pestle and mortar or spice grinder. Mix with the smoked paprika and oregano (this is a standard tex-mex seasoning), then set aside.

2 Return the casserole to the heat, add half the oil and heat until shimmering. Fry the beef in batches, adding more oil if you need to, until it's browned on all sides, then set aside. Fry the onions in the pan over a low heat for about 8 mins until soft and golden, then add the garlic and cook for 1 min more. Working fast, add the meat and juices, the spice mix, tomato purée, peanut butter and coffee to the pan and cook for 2-3 mins, stirring to coat the meat until everything is thick and gloopy, then pour in the vinegar and stock.

3 Add the toasted chillies back into the casserole, along with the bay leaves, cinnamon and some salt. Bring to a simmer and stir well, then cover with the lid and cook in the oven for 3hrs, stirring occasionally, until the meat is very tender but not falling apart. Take the casserole out of the oven, put back on the stove and remove the lid. Simmer the sauce for 5 mins, then stir in the semolina flour and simmer for 2-3 mins more. Finely grate over the chocolate, stir through with the beans and simmer for a minute more to heat through. Fish out the chillies, then leave everything to rest for at least 15 mins.

4 Bring the pan to the table. Serve with bowls of accompaniments (see serving suggestions) and the chilli paste (see **gf tip**) to add heat.

GOOD TO KNOW fibre • iron • 1 of 5-a-day
PER SERVING energy 463 kcals • fat 24g • saturates 9g • carbs 12g • sugars 4g • fibre 6g • protein 46 • salt 0.6g

COOKING TIMES

If you want tender meat, the cooking time can't be rushed and will depend on the cut of beef. The timings in this recipe will give you meat that holds its shape. For beef to shred for a taco or burrito, add 30 mins more. A pressure cooker can cut down cooking times – follow the same recipe, but cook under pressure for just 40-50 mins.



ESSENTIAL KIT

ITALIAN BREAD BAKING

Home-baked Italian breads, such as focaccia and ciabatta, make great summer sandwiches and perfect picnic portables.

We asked Matt Jones, co-founder of Bread Ahead Bakery and Baking School, about what's needed to make them

1

STRONG FLOUR

You'll need a strong flour that's high in gluten. We get ours from Marriage's, but any high-gluten or '00' flour would work well. The strength of the gluten is required to form the lovely big air bubbles in the bread – it's essential for the dough to develop properly. flour.co.uk

2

GOOD SCALES

Accurate digital scales are tremendously important for home baking. You have to look at it as a scientific experiment: the basic recipe must be right and the ratios must be correct – you can't leave anything to the imagination. Find our favourite scales at bbcgoodfood.com/content/top-five-digital-kitchen-scales

3

YEAST

Dried yeast does the trick, but fresh is more reactive, so try to track it down if you can. The bakery counter in your supermarket might be able to help; alternatively it's readily available online.

4

EXTRA VIRGIN OLIVE OIL

Italian flavours are all about simple, delicious ingredients. It's worth spending a little more on a decent extra virgin olive oil, especially if you're using it as a dip for cooked bread or for focaccia, which is topped with olive oil. The best Italian extra virgin olive oil you can buy from a supermarket is fine.

5

DOUGH SCRAPER

Italian bread doughs can be wet and sticky to work with, so a cheap plastic dough scraper is invaluable. I like the bendable ones with curved edges, as they work into the rounded sides of a bowl. nisbets.co.uk



TAKE A COOKERY COURSE

BEEF BUTCHERY FOR THE BARBECUE

City Butcher Dubai,
Barsha Heights

Want to raise the stakes at your next barbecue? Then this is the course for you – a beef-fest from one of the best butchers in the country. The evening starts with a cuts tutorial and tasting, then it's time to don the butcher's apron, roll up your sleeves and have a go at some knife skills, such as boning a rib of beef.

Verdict: This course will give you a new appreciation of beef butchery, and teach you what to ask and look for when you next buy beef. It was the ideal balance of informal and educational.

Cost: Priced at Dhs218 per person for a two-hour class. For more information, please see city-butcher.com.

**ON TEST**

MEAT THERMOMETERS

Whether you're roasting or barbecuing, take all the guesswork out of cooking meat with our pick of the best digital kitchen thermometers

STAR BUY

Superfast Thermapen 4



Dhs290 thermapen.co.uk

Quick, slick and durable, these were originally designed for use in professional kitchens. There are no bells and whistles, just a super-fast (three second) temperature reading. The thin probe makes only a small hole when you insert it, and the wide temperature range means that it can be used to test jams, confectionary and oil as well as chilled dishes. The probe folds down like a penknife for easy storage (which also turns it off), and the antibacterial casing comes in a variety of colours.

BEST ALL-ROUNDER

Salter 5-in-1 digital cooking thermometer by Heston Blumenthal precision



Dhs235 salterhousewares.co.uk

Beyond the barbecue, the wide range of temperatures this thermometer measure means it's also ideal for confectionary, deep-frying, measuring your oven temp – basically anything you could ever need a thermometer for in the kitchen. It takes a little more concentration than the others on first use, but once we got the hang of it, its versatility won us over.

BEST VALUE

Andrew James digital fork thermometer



Dhs45 andrewjamesworldwide.com

This fork was so simple to use that we barely needed the instructions. You pre-select the type of meat and the level of 'doneness' (medium, well done, etc), then poke the fork into the meat and it'll beep if it's up to temperature. Rare to well done is indicated on the display when testing, as well as the temperature itself. The design allows it to double up as a barbecue or carving fork once the meat's done.

BEST FOR GADGET LOVERS

CDN Bluetooth dual probe thermometer & timer



Dhs240 amazon.co.uk

This thermometer syncs to an app on Bluetooth-enabled phones. The app gives easy access to several functions and is fun to play with. There are options for pre-setting to specific meats and levels of 'doneness'. You can also set an alarm to go off around the time the meat should be ready, plus an earlier alarm if you like – useful if you want to coordinate other parts of the meal. Having two probes is good because it allows you to test more than one joint or two different food types at the same time.

WHAT WE LOOKED FOR

EASE OF USE

A good instruction booklet and simple functionality were essential.

ACCURATE READINGS

We tested a number of thermometers in each joint of meat and dropped any that didn't tally.

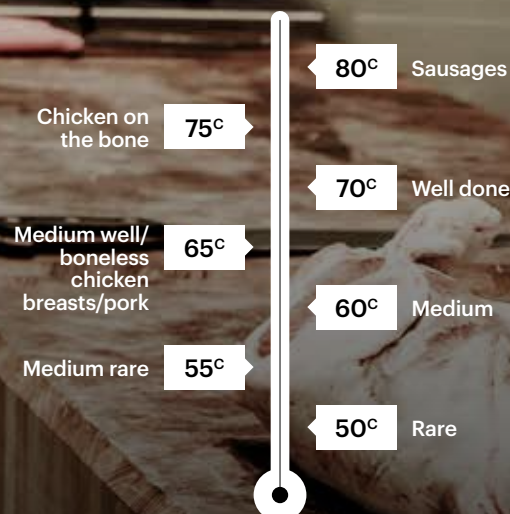
EASE OF STORAGE

Probes that tucked away or had a protective sheath were given extra points.

ADDED FEATURES

Thermometers that offered more than simple temperature measurements were well rated, and we took price versus functionality into account.

Know your meat temperatures





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Food safety is a top priority for Europe.

→ The Peach Growers Associations that take part in the implementation of this program perform tests in privately-owned laboratories, to ensure thus the safety and quality of the products sold to consumers in the international market.

www.peachgarden.eu



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WIN!

A 1-night stay for up to 6 people at Lapita, Dubai Parks and Resorts, Autograph Collection Hotels worth Dhs15,000!

An exciting one-night stay for six people at Lapita, Dubai Parks and Resorts, Autograph Collection Hotels.

Step into an exciting world of curiosity with an unforgettable stay at Lapita, part of the Autograph Collection, Marriott International's exclusive portfolio of one-of-a-kind independent hotels. Lapita Hotel is an exotic Polynesian haven located within the heart of Dubai Parks and Resorts, the region's largest integrated theme park destination, dedicated to those wishing to stay within a stone's throw from the myriad of activities on offer at the three theme parks and one water park. Drawing its inspiration from the exotic Polynesian tropical landscapes, the hotel features colourful flowers, lagoon-style pools, luxurious guest rooms, and themed children's activities, all designed to create an experience exactly like nothing else.

With 504 rooms, including 60 suites and three private villas with a distinctive Polynesian theme and plenty of space to stretch out and relax, Lapita's selection of premium facilities include a signature spa and a fully equipped health and fitness centre. Lapita showcases a variety of exceptional on-site restaurant options, two temperature controlled outdoor pools and a lazy river as well as a host of fun children's activities at the Luna & Nova Kids and Teens Club. The hotel offers close to 20,000 square feet of versatile indoor and outdoor event space with event planning and catering services available.

Lapita, Dubai Parks and Resorts, Autograph Collection is more than a luxury hotel; it is a one-of-a-kind destination for an unforgettable family adventure.

The prize draw for a one-night stay for six at Lapita, Dubai Parks and Resorts, Autograph Collection Hotels will be made at the end of August 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. T&C apply.

Log on to bbcgoodfoodme.com

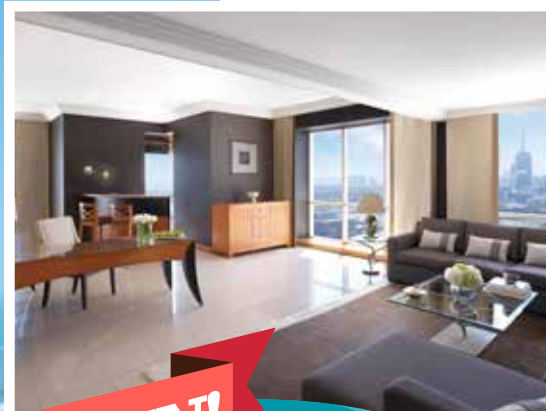
to enter this competition and simply answer this question:

Where is Lapita Hotel located?

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



WIN!

A staycation for 2 at Fairmont Dubai, inclusive of dinner at Noire and a massage for 2, worth Dhs5,000!

A luxe suite staycation at Fairmont Dubai, inclusive of dinner at Noire and a massage for two.

Fairmont Dubai is located in the heart of the shopping capital of the Middle East, conveniently situated just 10 minutes away from the world's largest shopping centre – The Dubai Mall. The hotel is also directly connected to the metro system and is linked to the convention and exhibition areas of the Dubai World Trade Centre by a covered, air-conditioned bridge. The 394 guestrooms, suites, and penthouses at Fairmont Dubai provide a welcome retreat whether traveling on business, leisure or both.

An array of restaurants and lounges await you from The Exchange Grill, a New York inspired steakhouse to Dokuz, an outdoor rooftop Turkish

lounge. Noire – the Middle East's only dining in the dark concept brings you one of the top experiences in Dubai and a culinary adventure unlike anything else in town that has been awarded Best Experimental Restaurant in the Middle East by BBC Good Food Middle East Awards.

For the business or leisure traveller seeking tranquillity and relaxation, Fairmont Dubai offers The Spa, covering 40,000 square feet of leisure facilities featuring a Health Club and two rooftop swimming pools – sunrise pool with a Jacuzzi and the sunset pool with a dedicated children's area, providing breathtaking views over an ever-changing Dubai skyline.

The prize draw for a two-night stay for two at Fairmont Dubai will be made at the end of August 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

Name the prestigious award that Noire - the Middle East's only dining in the dark concept – has won?

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



STAYCATION SPECIAL

A round-up of the must-see resorts located across the UAE!



WE HAVE BEEN NOMINATED



Our restaurants are nominated in:

Italian Restaurant - Social by Heinz Beck

Pan Asian Restaurant - LAO

Mediterranean Restaurant - Palm Avenue



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+(971) 4.818.2222 | dubai@waldorfastoria.com | waldorfastoria.com/dubai

DUBAI



Where:
JW MARRIOTT MARQUIS DUBAI
What's it like?

This is a grown-up kind of hotel – luxurious, sleek and striking. The 5-star is the world's tallest hotel and boasts over 1,600 guest rooms and suites spread out across two towers and 72 spectacular floors. With panoramic city views, JW Marriott Marquis is equipped with all you need for an exciting and relaxing stay. Take a serene visit to the Saray Spa, or indulge in world-class cuisine at one of the hotel's restaurants. During your visit, don't miss a trip to the gorgeous Prime68 steakhouse – a classy outlet serving mouth-watering steaks.

Best for: A luxurious weekend with your partner.

If you want to go: Call 04-4140000 | E-mail jwmarriottmarquisdubai@marriott.com | Website jwmarriottmarquisdubailife.com



Where:
**NIKKI BEACH
RESORT & SPA
DUBAI, PEARL
JUMEIRAH ISLAND**

What's it like?

The perfect spot to escape that 'city feel', without having to go very far, Nikki Beach Resort & Spa Dubai is the newly opened destination neighbouring the upbeat Nikki Beach Club. The beachfront property oozes clean, chic appeal, with crisp white and blue tones decorating much of the venue – and its 132 luxurious hotel rooms, suites

and private villas. There's five restaurants and lounges on-site, so you'll be set for the duration of the staycation here. With lots of sun, sand and poolside relaxing to do, Nikki Beach provides an ideal space for those looking to let their hair down for a weekend escape.

Best for: Couples or group of friends to share a beachfront villa.

Contact: Call 04-3766000 | Website nikkibeachhotels.com/Dubai.





Where:

**JUMEIRAH
AL NASEEM**

What's on offer?

This summer at Jumeirah Al Naseem – plus all other Jumeirah properties in the city – UAE residents can avail 20% off bed and breakfast rates, while guests staying at one of the beach resorts receive 10% off rooms.

What's it like? Meaning 'sea breeze' in Arabic, Al Naseem is everything it's described. Boasting fresh, tasteful and contemporary interiors, the latest inclusion to Jumeirah's local portfolio is a rejuvenating addition to the group's two-kilometre beachfront location. Neighbouring Mina A'Salam, Al Qasr, Dar Al Masyaf, and Jumeirah Beach Hotel, there's lots to explore at Jumeirah Al Naseem, with on-site buggies working around the clock to ferry guests from property to property. With facing views to the iconic Burj Al Arab, you'll not find another beach location quite like it. Having opened on December 1, 2016, the hotel is effortlessly spotless and exudes refreshing luxury.

What's to eat? With 11 restaurants and bars within the hotel grounds alone, in addition to the option of venturing by buggy (or foot) to the properties next door, including all of Souk Madinat Jumeirah's F&B outlets, it's safe to say you'll be spoilt for choice staying here when it comes



to food.

Start your day at The Palmery, which is playfully divided into several different rooms, making it feel less of an ordinary all-day dining outlet. The menu here varies throughout breakfast, lunch and dinner, however, in the morning expect a top-notch

selection of brekkie favourites including eggs to your preference, or waffles and pancakes drizzled in a sauce of your liking, both served from live cooking stations.

For lunch, enjoy a sophisticated Afternoon Tea at Al Mandhar Lounge, which translates to 'amazing views' in Arabic (which



it most definitely has, overlooking Burj Al Arab). This Moroccan-inspired lounge serves a fusion of French and Moroccan pastries and light lunch options. Alternatively, whilst soaking up the sun poolside, enjoy bites from Kalsa Pool Bar, where the menu ranges from finger-food flatbreads

to easy-to-eat by the pool 'bowl foods' such as salads.

Before dinner time swings around, don't miss the opportunity to enjoy sundowners at one of two lounges – Sugarmash or Ambar. The sun sets directly in front of the property and is absolutely stunning, presenting

yellowy-orange glows over the water for around 40-minutes (just enjoy time to enjoy a cocktail, or two!).

In the evening, the hotel's Mediterranean seafood-led restaurant, Rockfish, is a must-try. Set within stylishly designed interiors, the menu here explores a range of crudo options including recommended dishes of ahi tuna with salsa verde, caper berries and young parsley, plus citrus hamachi with celery, green chili and crispy wild rice. For mains, delight in a serving of freshly grilled tuna steak, or a seafood mixed grill of Gulf prawns, scallops, calamari and pomfret.

And, if all of that isn't enough, there's also the option of four external restaurants on-site, operated by international names, including artisan burgers from New York's Black Tap, Tuscan Il Borro by Salvatore Ferragamo, and the Philippe Starck-designed Japanese Katsuya.

Best for: Couples and families looking to enjoy a relaxing staycation with lots of things to do, see and eat.

Contact: For all offers this summer at Jumeirah, see jumeirah.com/en/90-ways-to-summer/ or call 04-3668888.



Where:
ADDRESS HOTELS & RESORTS, DUBAI

What's on offer?

Stay for a minimum of two nights at Address Hotels & Resorts between July and September 2017 and enjoy a Dh5100 dining credit per room per night. Choose between properties including Address Boulevard, Address

Dubai Mall, Address Dubai Marina, Address Montgomerie and Palace Downtown to avail the offer. Upon booking you will also receive complimentary tickets per room per night to enjoy at any of the following attractions: KidZania, Reel Cinemas, Dubai Aquarium & Underwater Zoo (includes VIP entrance, fish feeding, glass bottom boat, submersible simulator and virtual

reality zoo), Dubai Parks and Resorts, and IMG Worlds of Adventure (this attraction choice is exclusively available when a minimum of 4-night stay is booked at Address Dubai Mall, Address Boulevard or Palace Downtown).

Best for: An activity-filled staycation for the family.

Contact: Call 04-4238888 | E-mail stay@addresshotels.com | Website addresshotels.com.



Where:
ATLANTIS THE PALM, DUBAI

What's it like?

If you're looking for a weekend escape but don't want the hassle of airport travel or Thursday night traffic out of the city, Atlantis on Palm Jumeirah, is the perfect place to head. It's a resort that not only boasts stunning skyline views of Dubai, but also a fantastic range of varied F&B outlets – including the famed chef Gordon Ramsey's restaurant, Bread Street Kitchen, the Japanese favourite, Nobu, and an exciting underwater outlet, Ossiano (even some of the rooms are underwater!).

Best for: A fun-filled weekend away with your other half, family or friends.

Contact: Call 04-4262000 | E-mail info@atlantisthepalm.com | Website atlantisthepalm.com.

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The eighth annual BBC Good Food Middle East Awards celebrate the best in food from across the region as voted for by you.

There are 40 categories in which you can place your votes, from your favourite Food Truck or Latino Restaurant to Staycation, Brunch and more.

To be in with a chance of winning an amazing three-night stay for two at The Sun Aqua Vilu Reef Maldives including a snorkeling excursion and spa treatments worth over Dhs12,000, all you need to do is hit the 'share' button after you have cast your votes online!

bbcgoodfoodme.com/awards/2017

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Where:
**INTERCONTINENTAL
DUBAI MARINA**

What's it like?

Set in the vibrant Dubai Marina, this hotel is perfect for those wanting to relax and dine in luxury, but also like to get out and about for a stroll. With hot spots like Jumeirah Beach, Dubai Marina Mall and Dubai Media City all within walking distance, there's plenty to keep you busy without needing a car. Inside the hotel, expect to find natural light filling the artfully designed interiors – it's quite an artsy, contemporary property. While visiting, don't miss out on a trip to Michelin-starred chef Jason Atherton's restaurant, Marina Social. There's nine restaurants and bars to choose from, so there's something for everyone. Featuring its own Health Club, Spa and outdoor pool, the hotel is a destination in itself.

Best for: Couples or a group of friends looking for a relaxing weekend, with great dining options and Dubai Marina views.

Contact: Call 04-4466777 | Website ihg.com



Where:
**LAPITA HOTEL,
DUBAI PARKS
AND RESORTS**

What's it like?

Until December 26 2017, enjoy a Polynesian-themed getaway to the newly opened Lapita Hotel with the 'Theme Park Package', which includes a multi-park access pass to Dubai Parks and Resorts, as well as free dining for children. Being the only hotel located within Dubai Parks and Resorts, Lapita

Hotel provides convenient access to the rides and attractions within the theme parks. On-site there's a variety of restaurants, cooled swimming pools with a lazy river, as well as a host of fun children's activities at the Luna & Nova Kids and Teens Club.

Best for: An exciting family adventure, especially for the kids!

Contact: Call 04-8109999 | Website lapitadubaihotel.com.

RAS AL KHAIMAH



Where:
**RITZ-CARLTON AL
WADI DESERT**

What's on offer?

The Eid Al Adha Package is a family special that includes an overnight stay in a private pool villa with buffet breakfast and dinner, plus daily owl interaction and falcon show. For a Al Rimal Pool Villa rates start at Dhs2,999++ per villa per night.

What's it like?

Embrace the Bedouin tradition and take a trip to Ritz-Carlton Al Wadi Desert, nestled picturesquely in the golden sand dunes of Ras Al Khaimah's peaceful desert. Previously Banyan Tree Al Wadi, the resort was recently taken over by the luxurious Ritz-Carlton brand, and is now undergoing a complete revamp across all its villas and F&B outlets. Located just over one

hour's drive from Dubai, this destination provides the ultimate escape from city life (there's not skyscraper in sight). This is a place to visit when you're looking for some real, luxurious relaxation and privacy. With a range of top notch villas to choose from, which all boast gorgeous Arabic inspired interiors and architecture, you'll not be disappointed with any of the options available here – especially as every room comes equipped with its very own private, infinity swimming pool that's temperature-controlled to ensure your dip is enjoyable.

Not only is there peace and quiet, but there's desert adventure – so don't worry about getting bored. From the nature reserve that allows you to openly interact with Arabian Gazelle and Oryx, to the animal centre that is home to gorgeous owls (be sure to say hi to



Amy the friendly owl) and falcons to meet and hold, there is plenty to keep you active, including archery and bike riding.

What's to eat?

When you're hungry, you can either go a la carte, buffet-style or private. Make your desert romance extra special with an exclusive dinner for two, prepared as an Arabian- or Western-style



BBQ at a secluded location somewhere on the resort. Under the stars, all that's left to do sit back with your loved one and enjoy a delicious dinner over candle light.

If you fancy helping yourself to a few tasty bites, opt for breakfast or dinner at Al Waha, the hotel's all day dining restaurant.

As mentioned earlier, the resort's culinary offering is currently undergoing a big revamp, and we're pleased to share what's in store:

- Farmhouse will be the resort's new signature restaurant, located in front of the waterhole. The concept will be all about fresh, organic and

quality products from the land, air and sea, with key features including live meat carving and meat smoking, fresh vegetables from the chef garden, and a chef's table, all in a woody, vintage ambience.

- Kaheela will become the all-day dining serving international and levant cuisine (with influences of Turkish, Lebanese, Pakistani cuisine), over buffet and a la carte menus.
- Moon Bar will remain as the signature rooftop bar, however, it will be refurbished to offer a colourful and cosy atmosphere – the perfect place for sundowners

over a spectacular desert sunset.

- Moorish – located on the ground floor of Moon Bar, this lounge restaurant will serve Moorish themed cuisine with influence from Spain and Morocco, as well as shishas.

All in all, Ritz-Carlton Al Wadi Desert Resort is an oasis in the desert, which will leave you feeling relaxed and rejuvenated. Even if just for a weekend visit, this staycation is one that makes you feel as if you've been out of the country on an exotic escape.

Best for: A romantic escape in the desert with a friend or your loved one.
If you want to go: Call +971 7206 7777 | E-mail reservation.rakdesert@ritzcarlton.com | Visit ritzcarlton.com/en/hotels/uae/al-wadi-desert.



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AND SHARJAH**



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Email: mark.premierfootballacademy@outlook.com

Facebook: www.facebook.com/Premier-Football-Academy





Where:
WALDORF ASTORIA
RAS AL KHAIMAH

What's it like?

UAE residents and nationals have more reasons than ever to escape the city for a retreat to the peaceful northern most emirate of Ras Al Khaimah. This summer, Waldorf Astoria Ras Al Khaimah is offering residents and nationals an exclusive 20% off on stays, complimentary breakfast and choice of lunch or dinner included in the package. With a rich heritage, dating back over

5,000 years, Ras Al Khaimah offers guests a mix of dramatic mountains, crystal blue waters, pristine coastlines and a great range of extraordinary experience to offer a perfect leisure getaway matched with Waldorf Astoria's world-class service.

Best for: A romantic getaway with your other half, complete with high quality food and service.

If you want to go: Call +971 7 203 5555 | E-mail reservations. warak@waldorfastoria.com.



Where:
RIXOS BAB AL BAHR

What's it like?

Staycationers, leave your wallets in the room – Rixos Bab Al Bahr has you covered! This coastal property in Ras Al Khaimah is one of the only resort's in the UAE that offers an attractive all-inclusive deal, enabling you to settle the 'everything included in one price' bill upon check-in. Set upon the scenic Marjan Island, the resort stretches along a private (and very relaxing) beach. Equipped with a selection of swimming pools to cool down in, the hotel caters to all with separate areas dedication to children or adults – so if you're looking for a bit of peace and quiet, it's available. Or for families, there's a kids' club and large swimming pool area with activities and games going on all day long.

What's attractive at this resort is the extensive activities available and wide range of F&B outlets – you're spoilt for choice, especially if you're only staying for the weekend. For no extra charge, you can opt to dine at one of five of the hotel's a la carte restaurants, which include a steakhouse, a seafood speciality restaurant, and a traditional Turkish outlet where the food is not only great, but the furnishings and hospitality are authentic. There's also an all-day-dining restaurant, which is open for breakfast, lunch and dinner – so you'll never go hungry! And for drinks, pre- or post-dinner, there's a fun Mojito Bar to refresh and enjoy a couple of great cocktails. Or for something a little calmer, visit the Cigar Lounge.

Best for: Fun-seekers of all ages – this resort caters to all tastes!

If you want to go: Call 07-2020000 | E-mail babalbahr@rixos.com | Website babalbahr.rixos.com.

ABU DHABI



Where:

THE ST. REGIS SAADIYAT ISLAND RESORT, ABU DHABI

What's it like?

Set on serene Saadiyat Island, this property is one of the most luxurious you'll find in Abu Dhabi. As a city escape that's only a quick 10-minute drive from the capital's downtown area, The St. Regis Saadiyat Island Resort is a beautiful beachfront property boasting Mediterranean architecture with stylish, modern interiors. If you fancy a visit here, you can now benefit from a range of promotions that the hotel has running throughout the summer till September 10, 2017. Here are two of the food-focused offers

available: Stay and Dine at 55&5th, The Grill – including accommodation in a superior room, buffet breakfast at Olea per person, per day, and Dhs555 daily credit at 55&5th, The Grill. Plus, Stay and Dine at Sontaya – including accommodation in a superior room, buffet breakfast at Olea per person, per day, and Dhs400 daily credit at Sontaya. The St. Regis Saadiyat Island Resort has a selection of fantastic offers available at the moment – why not give them a call to find out more?

Best for: A beach staycation with family, friends or your partner.

If you want to go: Call 02-4988888 | E-mail reservations. saadiyat@stregis.com | Website stregissaadiyat.com.

Where:

MARRIOTT HOTEL AL FORSAN

What's it like?

Plan your next staycation using Marriott Hotel Al Forsan's 'Eid Al Adha Holiday Package', which starts from Dhs965 and includes a stay in a Deluxe Room for three nights for two people, breakfast for two at Khayal Restaurant per night, dinner for two at Khayal Restaurant per stay, Eid Brunch for two per stay (soft beverage package, supplement available to upgrade to alcoholic package at the restaurant), and a Saray Spa treatment for two (a choice of Swedish, Deep Tissue or Aromatherapy massage). With 5-star accommodations and a superb location, the Marriott Hotel Al Forsan, Abu Dhabi sets the scene for a relaxing weekend away.

Best for: Couples and families alike, looking to relax.

Contact: Call 02-2014000 | Website marriott.com.



Where:
YAS VICEROY
What's it like?

Overlooking the Yas Marina Formula 1 Circuit and a yacht-filled marina, those looking for an adventure will feel at home at the Yas Viceroy Abu Dhabi. The hotel offers an impressive selection of international restaurants, along with an array of glamorous bars and lounges. We know it's not F1 season just yet, but the hotel has an offer at the moment that you just can't miss out on. The 'GCC Residents' offer invites you to enjoy more with up to 25% off bed and breakfast rate plus additional benefits including: 20% off spa treatments and 20% off F&B, plus complimentary: access to Yas Beach, Wi-Fi, shuttle service to local attractions including Yas Waterworld, Ferrari World Abu Dhabi and Yas Beach, plus access to dedicated family pool and adults only pool. Offers valid for stays through September 30, 2017. Blackout dates do apply and valid proof of residency will be required upon check-in.

Best for: Adventure-seekers of all ages!

If you want to go: || 02-6560862 | E-mail yas.reservations@viceroyhotelsandresorts.com | Website viceroyhotelsandresorts.com.



Where:
FAIRMONT BAB AL BAHR
What's it like?

Situated at the gateway to the capital city is Fairmont Bab Al Bahr, a beachfront five-star hotel in Abu Dhabi with unrivalled views of a design masterpiece - Sheikh Zayed Grand Mosque. Currently on offer, the 'Amazing Summer Package' invites you to enjoy one night's stay in a luxuriously appointed Fairmont guestroom, with F&B credit of

Dhs600 per room per night and complimentary access to the pool, private beach and valet parking. The offer is available till September 30, 2017 and rates start from Dhs600++.

Best for: Home to the Marco Pierre White Steakhouse & Grill, this is property to enjoy a romantic weekend with your loved one.

If you want to go: Call + 971-26543333 | E-mail babalbahar@fairmont.com | Visit fairmont.com/abu-dhabi/.





Where:
**PARK HYATT,
ABU DHABI**

What's it like?

This resort is where to go for a perfect weekend escape (or week-long, if you have the time). It's a blissful resort for both families and couples, catering to the needs of all. The resort has six different food and beverage outlets, all serving up a variety of international cuisines and carefully crafted drinks. The Beach House & Rooftop is relaxing, romantic and serves up deliciously fresh Mediterranean cuisine. The menu features a fantastic range

of fish and seafood options predominantly, but there's also meat and vegetarian dishes. When it comes to relaxation, you'll find yourself faced with a tough decision when choosing where to lounge for the day. From the long stretch of natural white sand and blue waters, to a selection of spots around the pool or perfectly manicured gardens, you'll not be without a place to put your feet up and chill.

Best for: Couples and families looking to enjoy quality time together.

Contact: Call +971-24071234 | Website abudhabi.park.hyatt.com.



Where:
**SHANGRI-LA HOTEL,
QARYAT AL BERI**

What's it like?

Located in the heart of the Capital, this 5-star property boasts impressive architecture and traditional Arabic décor – it's a hotel that puts you at instant ease, with warm and welcoming hospitality. Conveniently located near the airport, golf course and city centre, its lush garden landscapes place it in a serene, world of its own, and inside the hotel is connected by a winding waterway featuring Arabic abras. This hotel allows you to enjoy the best of both world's – closeness to everything that is going on so you're able to immerse yourself in the local heritage through sightseeing, while the property's calmness promises to leave you feeling relaxed and in full holiday mode.

Best for: Families, friends and couples, looking for some adventure, but also relaxation.

If you want to go: Call +971-2-5098888 | Website shangri-la.com/abudhabi/shangrila.



Where:

EMIRATES PALACE ABU DHABI

What's it like?

A lavish dream, Emirates Palace really is a palace of beautiful interiors and outstanding culinary offering. Located in the heart of Abu Dhabi, Emirates Palace is grand in both its design and myriad of offerings. From a 1.3km pristine beach, landscaped pools and a private marina overlooking a natural bay, this hotel is perfect for a very special staycation. Valid until September 14, avail the property's 'Summer at the Palace' offer to save up to 25% off the best available rates, including international buffet breakfast.

Best for: Loved ones to share a very special occasion.

Contact: Call +971-26909000 | Website kempinski.com/en/abudhabi/emirates-palace/.



Where:

**QASRAL SARAB
DESERT RESORT BY
ANANTARA**

What's it like?

Nestled in the Liwa Desert, two hours away from Abu Dhabi, perched on the edge of the desert sits the luxury resort Qasr Al Sarab Desert Resort by Anantara. Here you can indulge in a staycation on the edge of the rolling sands of the Empty Quarter and experience desert life. Whether it's horse riding, camel trekking, mountain biking, or archery, there are plenty of adrenalin-inducing activities to

keep intrepid travellers occupied. Meanwhile, those who prefer a more sedated pace of life can choose a sunset desert picnic, spa treatment or a yoga class on the golden sand dunes, whilst family and friends can bond during the Liwa tour where they will be able to discover historical places and unique locations that portray the rich culture of the UAE.

Best for: Families and couples looking for a taste of local tradition.

Contact: Call 02-8862088 | E-mail infoqas@anantara.com | Website qasralsarab.anantara.com

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WIN!

A MULTIFRY MULTICOOKER EXTRA CHEF PLUS, WORTH DHS1,299!

De'Longhi has released a new revolutionary cooking appliance as part of the Multifry Multicooker family: the Multifry Multicooker Extra Chef Plus. The new model comes with an extra cooking function, the grill, and three extra

cooking accessories: a bowl without paddle for static cooking, a bowl with paddle for stirring food while cooking and a stainless steel grill. De'Longhi Multifry Multicooker – whose range now includes five different models – is the ideal kitchen helper that allows you to cook, fry, grill and bake without any of the hassle. The Multifry is equipped with an automatic mixing paddle: so you can do something else while the machine cooks and gently mixes for you. This is ideal to prepare stews, risottos, sauces, ragouts, couscous and ratatouille. You can also remove the mixing paddle and opt for static cooking to prepare meat and fish fillets or bake pizzas, cakes, quiches.



WIN!

A BRAUN MULTIQUICK 7, WORTH DHS500!

Built in a unique shape with ultra-hard stainless steel, Braun hand blenders can cut through all types of ingredients, giving you the desired result in no time. The MultiQuick 7 range makes

it easy to create tasty and healthy meals to share with family and friends. Braun hand blenders can chop, blend, slice, dice and prepare dough with one single push of a button. The MultiQuick 7 range contains a first in hand blender technology: Smart Speed - the more you squeeze, the more power you get. The Smart Speed control is a revolutionary technology that allows you to increase the hand blender speed by gently pressing the speed regulator button. You can easily prepare all your recipes with one hand, changing the speed in real time, without interruptions.



WIN!

DINNER FOR 2 AT BENJARONG, THE SIGNATURE THAI RESTAURANT AT DUSIT THANI ABU DHABI, WORTH DHS500!

Dusit's signature award-winning Thai restaurant, Benjarong, serves authentic Thai cuisine in a unique space that fuses contemporary

style in an elegant setting with traditional Thai design motifs. With recipes that have been passed down over generations, Benjarong brings the best flavours and tastes of Thailand to Abu Dhabi. Our Chefs highly recommend the Wok Fried Chicken with Capsicums, Dried Chilli and Cashew Nuts. Also, a separate cozy lounge is located within the Benjarong restaurant which is a designated indoor smoking area. For bookings call +971-26988137 or e-mail reservation.table@dusit.com.



WIN!

A LIVE INTERACTIVE KITCHEN SESSION FOR 2 AT SIGNATURE BY SANJEEV KAPOOR, WORTH DHS500!

Signature by Sanjeev Kapoor is a fine dining restaurant that serves Chef Sanjeev Kapoor's authentic Indian and signature dishes. Here,

dishes steeped in tradition are transformed for a unique experience in modern gastronomy. Every dish is a statement that takes you on a journey that's traditional and beyond. Signature stands for avant-garde Indian cuisine that can best be described as, "art on a plate". Food is the focus by a combination of authentic processes and ingredient selection we aspire to position 'Signature' as the last word on Indian cuisine. The team enhances a customer's culinary experience by maintaining an air of authenticity and elegance. Sink into the elegant, themed ambience with décor that reflects the avant-garde cuisine and complements the entire dining experience. Catch dinner and a show at the interactive tables where you get an opportunity to view chefs cook dinner from a fixed menu. Call 04-3868111.



WIN!

A DINING VOUCHER TO SPEND AT JONES THE GROCER AT DUSIT THANI DUBAI, WORTH DHS500!

Jones the Grocer aims to tickle the fancy of food enthusiasts 24/7 with natural ingredients from different parts of the globe. Since 1996, the artisan café from

the land down under provides customers a gourmet experience that promise innovation to the ever-evolving café scene. This iconic store featured a private labelled gourmet grocery, Sydney's first walk-in cheese room and café set in the centre of the store. Jones the Grocer quickly became the place to be seen at for Sydney's breakfasting crowd where some of the best flat whites were poured. For reservations call 04-3357769.



WIN!

A VOUCHER TO SPEND AT GENGHIS GRILL, WORTH DHS300!

Genghis Grill, the premier build-your-own stir-fry chain in the United States, is well known for its fresh, hot and healthy food, and for its style of fun service. At Genghis

Grill, diners will explore an innovative twist on presentation, flavors, textures and legendary fun service; the full Asian experience in an ambience that delivers a true taste of Pan Asian cuisine. Location: Al Wahda Mall Abu Dhabi.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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